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FRIDAY'S JACKPOT
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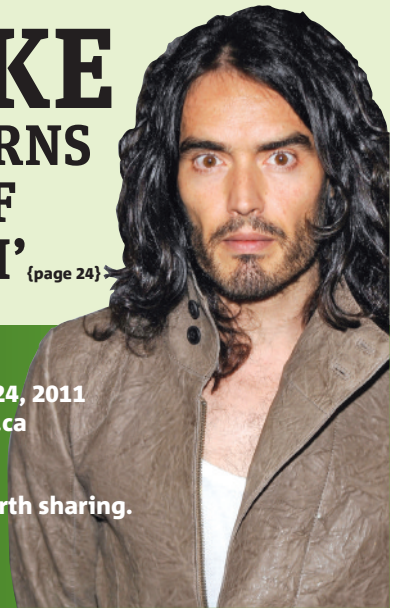
BONDING WITH SKIP
BLUE JAYS PLAYERS ALREADY IMPRESSED BY FARRELL {page 40}

NO JOKE
BRAND LEARNS MEANING OF 'TILL DEATH' {page 24}



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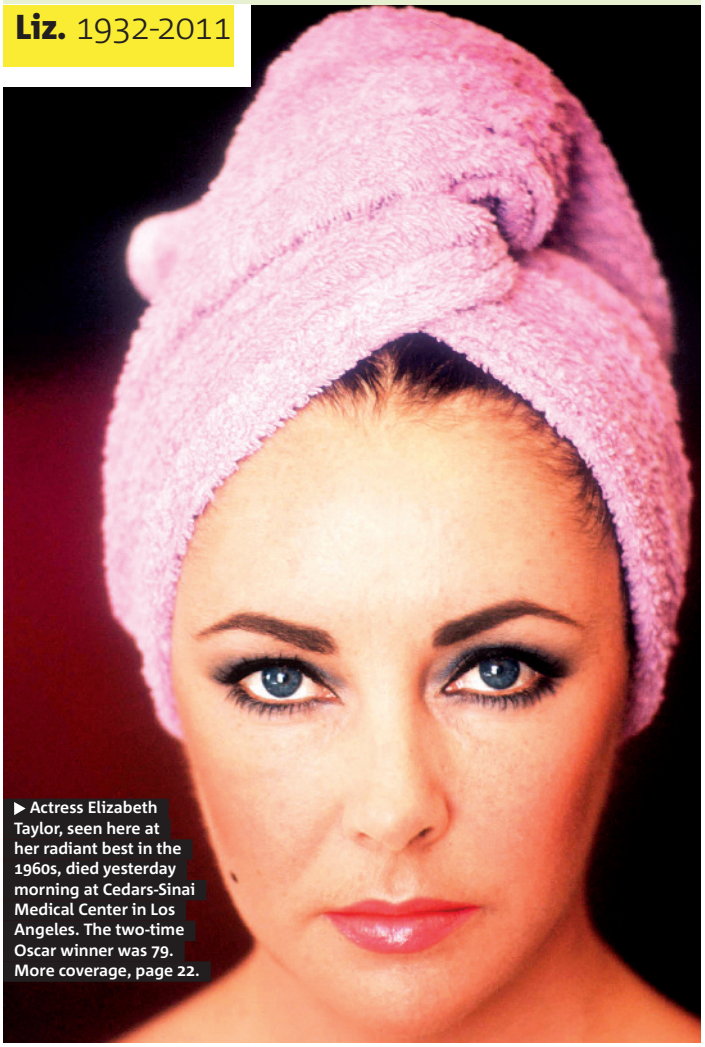

▶ Actress Elizabeth Taylor, seen here at her radiant best in the 1960s, died yesterday morning at Cedars-Sinai Medical Center in Los Angeles. The two-time Oscar winner was 79. More coverage, page 22.

GETTY IMAGES

Screen legend succumbs

Opposition gets to pick PM's poison

- Commons MPs will have chance to defeat Harper on non-confidence motion before voting on budget
- Tories, Grits, NDP already in campaign mode

The Harper government is set to fall tomorrow on a non-confidence motion, plunging the country into a fifth election campaign in a little more than 10 years and setting the stage for a vote in early May.

The Conservatives knew their days were numbered after the opposition panned this week's federal budget. But they would have preferred to be brought down on the budget vote, helping them to campaign on their financial plan.

Instead, the Liberals have managed to delay the vote, making their non-confidence motion the election trigger. And the theme of that motion — respect for democracy and Parliament — is something the Tories don't want in the spotlight.

The motion chides the government for showing contempt for Parliament by failing to fully disclose the multibillion-dollar costs of its tough-on-crime agenda, corporate tax cuts and plans to purchase stealth fighter jets.

While an election appears unavoidable, both the Conservatives and NDP claimed yesterday there was still a chance to steer clear.

Prime Minister Stephen Harper said the Liberals, NDP and Bloc Québécois could yet change their minds on the budget.

NDP Leader Jack Layton said he might still support the government if there are changes he can accept.

THE CANADIAN PRESS

At Spadeenah & Queens Kway

Are you pronouncing street names correctly? Are we? {page 6}

CF-18s bomb ammo depot

Canadian fighter jets see action in Libya {pages 10-11}

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Brampton
252 Queen St E
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City hall. Get in ma belly!

▶ A guerrilla billboard has appeared at Lewis Street and Eastern Avenue, making fun of Toronto Mayor Rob Ford by depicting him as "Fat Bastard," a Mike Myers character from the Austin Powers movies. It also points out where the "Gravy Train" ends.

DAVID COOPER/TORSTAR NEWS SERVICE

Conflict concerns arise over Ford firm

Mayor Rob Ford has come under scrutiny over contracts with the Ford family business, Deco Labels and Tags, which was paid more than $56,000 to print stickers, tags and decals for various departments in 2010. The relationship has raised conflict-of-interest concerns among Ford's opponents.

Gala tax receipts erroneously issued

After scrutiny over Mississauga arts fundraiser, new rules in proposed federal budget aim to make non-charities deemed to be 'qualified donees' more accountable for receipts distributed

The City of Mississauga has admitted it erred in issuing charity receipts for tickets to Mayor Hazel McCallion's annual gala — a day after the Conservative budget introduced stronger regulations for donations to municipalities.

"The report is very cavalier," Coun. Nando Iannicca said yesterday after city manager Janet Baker acknowledged the city illegally issued tax receipts for tickets to the glitzy annual affair. "We have unequivocally broken the law, cheated donors, cheated charities and cheated taxpayers.

"How can one be surprised that this would be added to the federal budget when you hear about the shenanigans going on here?"

Toronto tax law expert Mark Blumberg says the new guidelines in the federal budget would hold cities to reporting standards similar to those imposed on registered charities, "particularly with respect to receipting."

"A gala masquerading as a charity, with the charities getting six or seven cents on the dollar. It's shameful."
COUN. NANDO IANNICCA

Blumberg believes the tougher stance is a response to the Toronto Star's reports on the Mississauga arts fundraiser, which raised questions about whether the city should have been issuing receipts for 19 years.

Baker's report to council yesterday explained that the city is allowed to issue charitable receipts only if:

- Cheques are payable to the city;
- Donations are for a city program, service or project;
- The donor receives no personal benefit from the contribution;
- The city manages and controls the use of funds.

The city, which did the bookkeeping for the mayor's gala until 2006, had nothing else to do with the committee-run event.

Proceeds from the gala, which is not a registered charity, are dispersed to community arts groups.

TORSTAR NEWS SERVICE

1 news

UFC has dodged concussion woes, but stubborn fighters may be a problem. Scan code for story.

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Federal parties are arguing over who to blame for an election, but experts say that won't matter when it's time to vote. Video at metronews.ca

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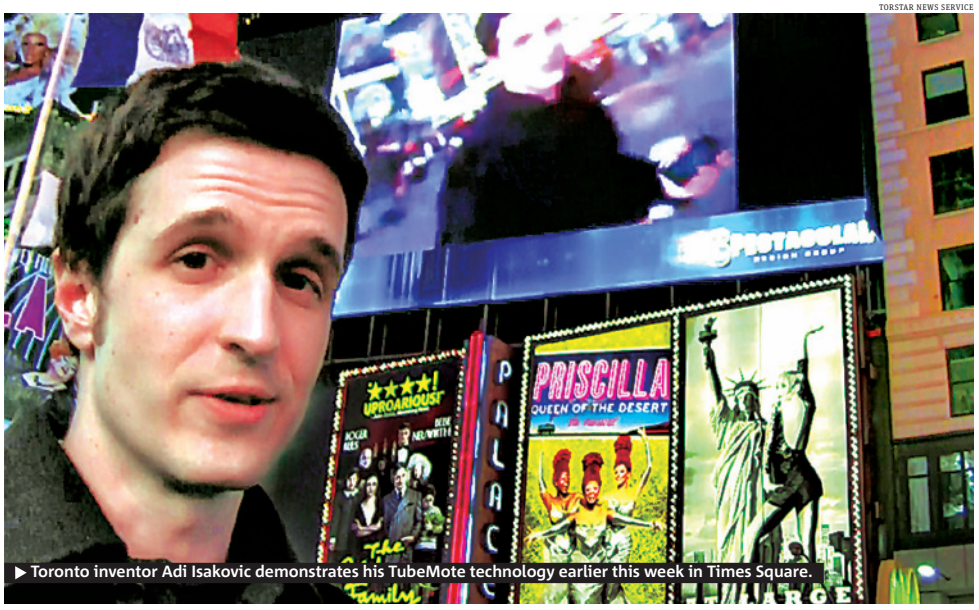
T.O. man controls Times Square screen from phone

TORSTAR NEWS SERVICE



▶ Toronto inventor Adi Isakovic demonstrates his TubeMote technology earlier this week in Times Square.

TubeMote's vision is that people will use phones as universal remote controls to control public screens

As Broadway buzzed by, Adi Isakovic turned Times Square into his living room.

Standing on a traffic island in the iconic New York City strip, the 27-year-old from Toronto projected images of his honeymoon and miniature French poodle onto a 5,000-square-foot screen from his cellphone Tuesday night.

Isakovic accomplished what an elaborate hoax attempted to trick people into thinking was possible just a week ago. That online video — which turned out to be a marketing ploy for a movie — has had 2.7 million views since it was posted.

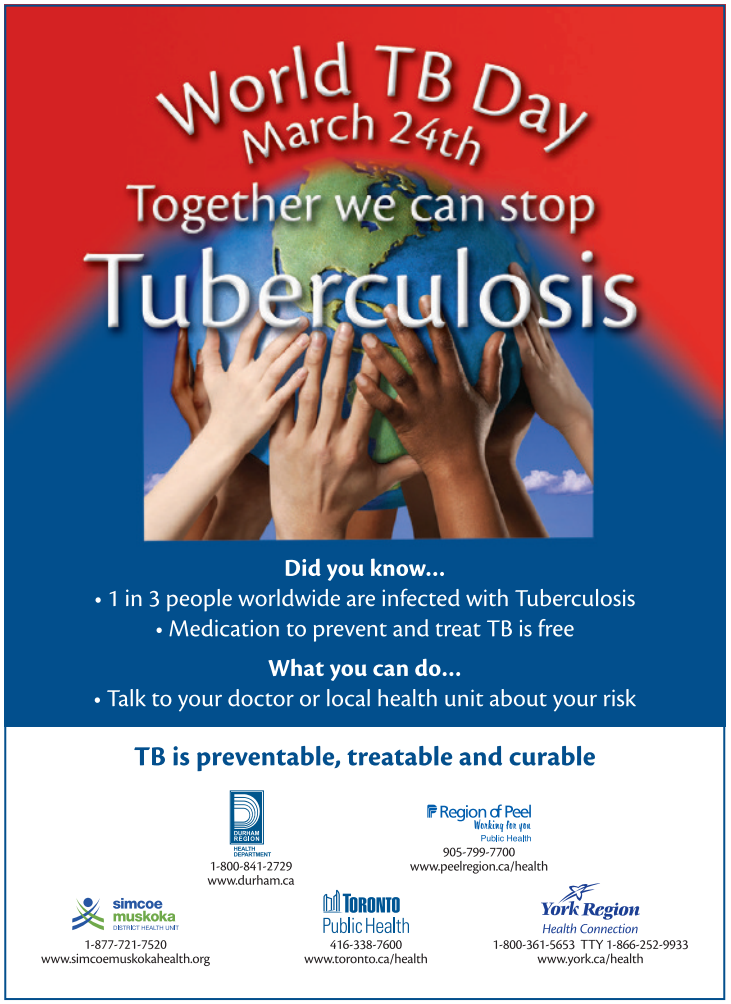
Campaign

Relief effort The company is already working on a campaign that will allow people to post messages about Japan on public screens while donating money to the country's relief effort.

Unlike that one, Isakovic's video is real.

He has been working on the technology for a couple of years with his web start-up TubeMote. He runs the company with his wife, Tania Nardandrea-Isakovic.

TORSTAR NEWS SERVICE



On-air gibberish related to medical issue: TV station

A Global News Toronto reporter is feeling better after letting loose a stream of Serene Branson-esque gibberish on-air Monday night.

During a segment on strife in Libya, cameras turned to reporter Mark McAllister, who began speaking about Defence Minister Peter MacKay. But in videos of the episode posted on the Internet, McAllister can be seen quickly losing his way and falling into a stream of garbled sentences.

Global released a statement Tuesday saying McAllister "suffered a minor medical issue causing him to experience a moment of disorientation" during the 6 p.m. broadcast.

"Paramedics were immediately called to the scene, where Mark was fully checked out and is feeling better. As a precaution, Mark will be pursuing this matter with his own doctor."

In an email, McAllister said he couldn't provide an update on his diagnosis as the matter is still being looked at. He was back on-air yesterday reporting on the federal budget.

Video of CBS reporter Serene Branson letting loose a burst of incoherent speech in a live hit before the Grammys in February went viral, with many viewers speculating Branson had suffered a stroke.

In later reports, however, Branson revealed that doctors concluded she suffered from a severe form of migraine called "migraine with aura."

TORSTAR NEWS SERVICE

COURT

New trial ordered in panic attack defence case

The Ontario Court of Appeal has breathed new life into a panic attack defence raised by a woman charged with refusing to provide a breath sample to Peel police — despite being given 21 chances. Irma Rivera was pulled over as part of a RIDE program after leaving a Mississauga sports bar in December 2005. She told the officer she had had three glasses of wine, then switched her story to two glasses.

Rivera later claimed she had had only one beer. She also asked the constable why he was administering a breathalyzer, telling him she worked for the Ontario Provincial Police and would lose her job if charged, as she was. The officer concluded she was not genuinely trying to provide a sample, but Rivera later argued she was suffering a panic attack.

TORSTAR NEWS SERVICE

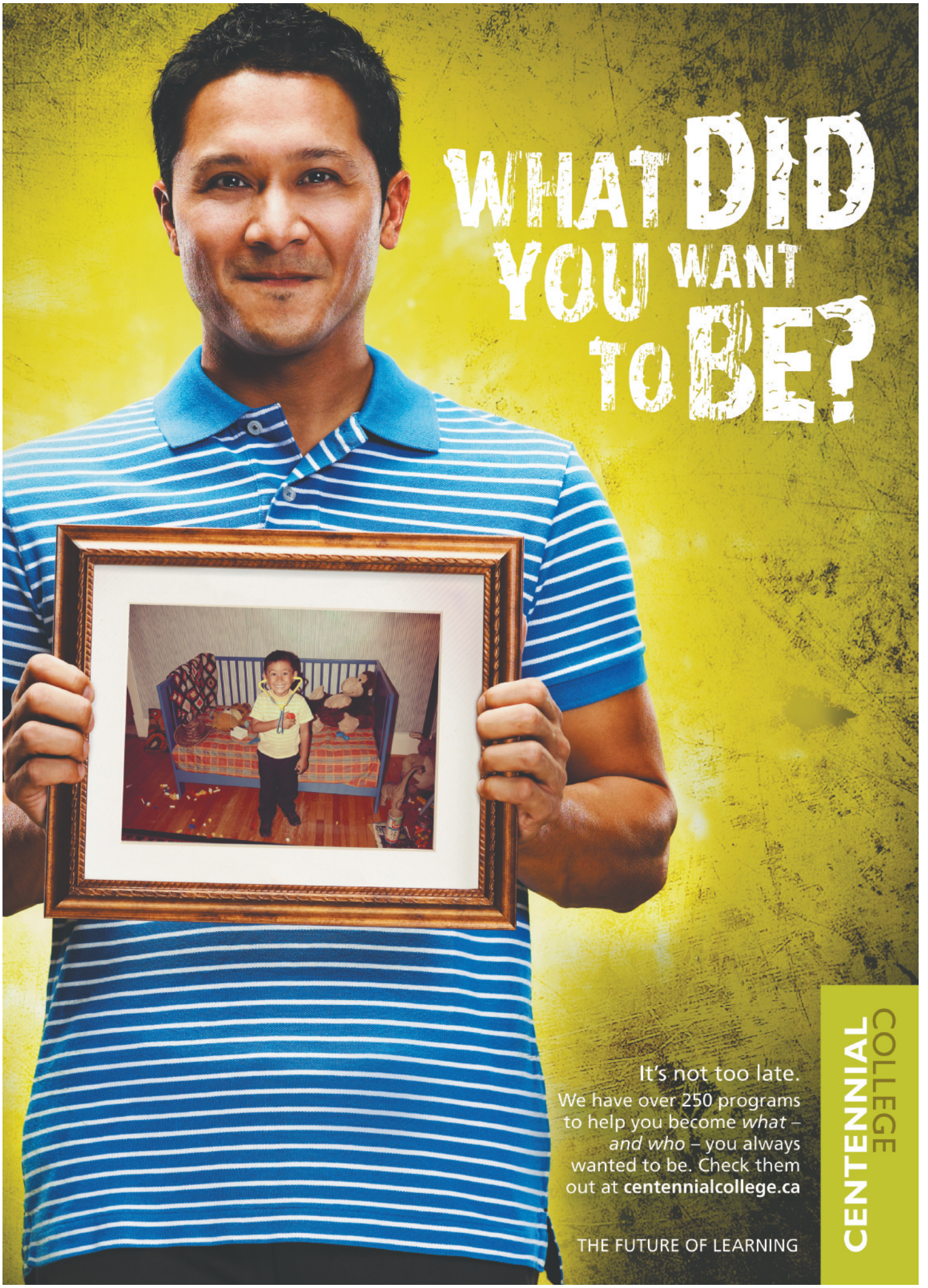
Farmers' markets to get special permit

The city is developing special farmers' markets event permits so that community organizers don't get stuck with thousands of dollars in unexpected parking fees.

For years, five community farmers' markets in Toronto were able to pay a one-time street event fee of $81.33 for the season.

But recently, the city fee would need to start being applied each day.

TORSTAR NEWS SERVICE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Tarawna, where the streets have mispronounced names

VINCE TALOTTA/TORSTAR NEWS SERVICE

▶ There is a conversation on yelp.ca where people can submit examples of mispronounced Toronto street names, such as the ever-debated Spadina Avenue.

Debate over Spadina pronunciation gives rise to other tongue twisters

A debate has been ignited over how the TTC's automated public address system pronounces Spadina, but there are many more examples of Toronto names getting twisted on the lips.

But it remains to be seen if those names spark the furor that "Spadina" did. Is it Spa-Dinah or Spa-deenah?

The correct way, at least originally, may be Spa-deenah, as the Toronto Star reported yesterday, though long usage has given Spa-Dinah the lead when it comes to the street.

But what other names are we getting wrong?

We asked Toronto historian Mike Filey and Gary Miedema of Heritage Toronto about some common mispronunciations. Here are a few contenders that were suggested — and a few the Star found:

• Balliol Street: Running between Yonge Street and Bayview Avenue, many pronounce it ba-loyle. But it's actually bailey-ole, Filey says. "It's a college in Oxford."

• Roncesvalles Avenue: Some say Rawn-sez-valls, others insist that it ends with "vale." Others just give up and call it Roncy. "It's a Spanish word that got shifted over here," Filey says. Try this on for size: Rrrrrrrawn-ses-vay-yez.

• Princes' Gate: The CNE's grand entranceway is often referred to as the Princess Gates. But it's actually Princes', named for two sons of King George V who once came to visit, and the gate is singular. Got it?

• Baby Point: Look at a map and you might pronounce the name of this residential enclave in the west end just as it looks. But to those in the know it's actually pronounced Bawby, Filey says. It was named for one of the original settlers, James Baby, a member of a Quebec fur trading family and former politician.

Silent 's'?

Grosvenor: OK, 'fess up. We know some of you pronounce it Gross-vee-nor, but can we agree that the "s" is silent and it should come out sounding like Grov-ner?

• Yonge Street: Canada's longest and most famous street is subject to a classic foul-up. Americans in particular tend to wreck it. It's pronounced Young Street. Please don't make it Yonj Street or try to make it rhyme with "sponge."

• Queens Quay: Of course, this is pronounced like "key" although some people insist on saying "kway." Cute, but wrong.

• Strachan Avenue: The name of this street running from the lake to Trinity Bellwoods Park is Strawn — not Strack-an, according to Heritage Toronto. Rhymes with yawn.

• Trethewey Drive: This stretch between Keele Street and Jane Street up near Highway 401 is pronounced Tre-thoo-wee, not Threth-away.

• The Esplanade: So, be honest. Do you call it Esplan-AID rather than its rightful name, Esplan-aad?

• Etobicoke: The "k" is silent. We know you've lived here long enough when you say "Etobico" instead of pronouncing it Etobi-COKE. TORSTAR NEWS SERVICE

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JAPANESE RADIATION CRISIS

Canada controlling agriculture imports

Canadian officials implemented enhanced controls yesterday on Japanese food imports, as fears mounted that the country's ongoing nuclear crisis has contaminated its food supply.

Officials said Canadian consumers have no need to worry about the safety of their food, but the Canadian Food Inspection Agency did announce that in addition to existing controls, milk products, fruits and vegetables from areas closest to the affected nuclear power plant will not be allowed entry to Canada without documents verifying their safety.

"The Canadian food supply is not at risk," Alice d'Anjou, a spokeswoman with the food agency, wrote in an email. THE CANADIAN PRESS

Manitoba chief meets with Pope

Delegates from northern Manitoba First Nations got an audience with the Pope at the Vatican yesterday and asked him to support their battle for clean drinking water.

The pontiff seemed responsive, they said, and talked about visiting Canada in the future.
THE CANADIAN PRESS

Dog found one month after house burned

A Boston woman who thought her beloved dachshund was gone after a fire destroyed her apartment a month ago found the pet living in the wreckage of her burned-out home. Veterinarians say the dog somehow found food and water. THE ASSOCIATED PRESS

McGuinty encourages travel insurance

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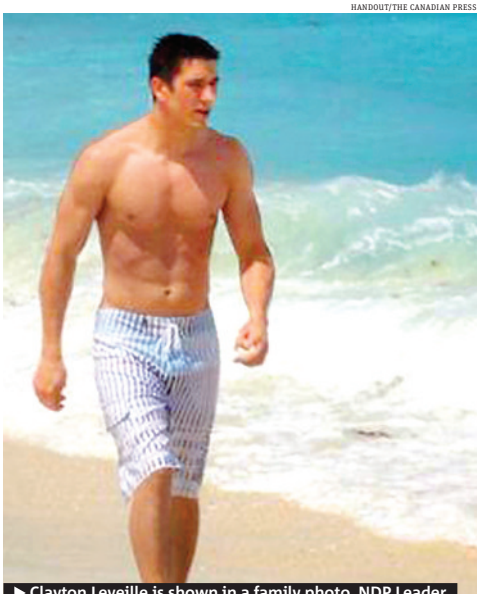


▶ Clayton Leveille is shown in a family photo. NDP Leader Andrea Horwath said his death "speaks to the whole problem that we have in our hospital system where beds aren't available for people when they need them."

Comment comes in wake of man's death after he was stranded abroad

Ontario will look at what can be learned from the tragic story of a young man who was stranded abroad after falling ill during a trip to Mexico and died months later in hospital, Premier Dalton McGuinty said yesterday.

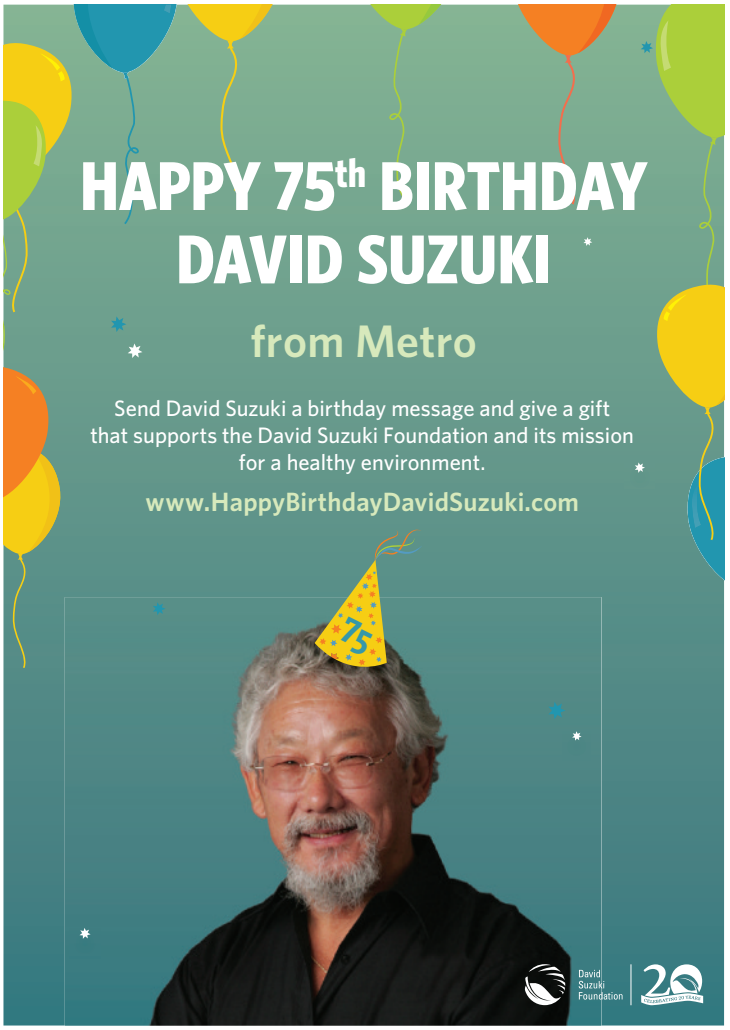
"I know that the minister is making sure that we can draw whatever lessons that we possibly can from these particular circumstances and move as quickly as we can to bring people back who are in need of health care here," he told the legislature.

Clayton Leveille, 21, became ill while on vacation with his girlfriend last July. He had medical insurance, but waited seven weeks to be taken home because there were no hospital beds available in his hometown, his mother said.

She is still not sure what killed her son. He was initially treated for dengue fever in Mexico, but his doctors in Ontario believe he may have suffered from a rare blood disorder known as HLH, or hemophagocytic lymphohistiocytosis.

The insurance company, which was paying hundreds of thousands of dollars for his care, wanted to bring him back to Ontario. But they told her that provincial rules required that Clayton be brought back to a St. Catharines hospital, which had no beds available.

Provincial officials say it's up to the insurance companies to arrange for transportation of their clients, and they don't have to go through the ministry to bring a patient home.
THE CANADIAN PRESS



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U.S. calling for allies to take lead

The United States turned up pressure on quarrelling NATO allies to take command of the air war in Libya yesterday, saying U.S. leadership could end as early as this weekend, even with the conflict's outcome in doubt. The top U.S. diplomat said order could be restored quickly if Libyan strongman Moammar Gadhafi would quit.

The U.S. threat rang somewhat hollow, since U.S. officials said there is no absolute deadline for the United States to hand over front-line control of the military operation to other countries, or for an end to all U.S. participation.

The Obama administration is eager to hand off the lead role in a conflict that some of U.S. President Barack Obama's closest advisers resisted and that is raising complaints in Congress. Defence Secretary Robert Gates said Obama made clear from the start of the international air campaign last Saturday that the U.S. military would run it only for about one week.

"Gadhafi has a decision to make ... The quickest way for him to end this is to actually serve the Libyan people by leaving."
HILLARY RODHAM CLINTON, U.S. SECRETARY OF STATE

The assault began with a barrage of U.S. cruise missiles, fired by ships and submarines in the Mediterranean, and American Stealth bomber flights.

Reporters asked Gates whether that meant the U.S. had set a hard deadline of this Saturday for turning over command of the air operations. "I don't want to be pinned down that closely," he replied. "But what we've been saying is that we would expect this transition to the coalition, to a different command and control arrangement, to take place within a few days, and I would still stand by that." THE ASSOCIATED PRESS

CANADIAN

Air strikes force Gadhafi's tanks to withdraw in Misrata, says local doctor ◆ 'Today, for the first time in a week, the bakeries opened their doors,' he adds

Canadian fighter jets took part in coalition air assaults yesterday that helped drive tanks loyal to dictator Moammar Gadhafi out of Libya's third-largest city.

Coalition aircraft conducted a series of raids on two major centres.

The Canadian air force says four of its CF-18 jet fighters, supported by two air-to-air refuelling aircraft, conducted two separate bombing missions, one overnight and the second later in the day.

The first attack took place at Misrata, east of Tripoli on the Mediterranean coast, the scene of heavy fighting between rebels and Gadhafi forces.

Reports emerging last week from the city of 500,000 said innocent civilians were being shot in the streets as the dictator's soldiers tried to reassert control.

The Canadian raid reportedly destroyed an ammunition depot.

Four laser-guided, 226-kilogram bombs were dropped during the raid, said Maj.-Gen. Tom Lawson, deputy chief of air staff.

"From all indications, it was a solid military target," Lawson told a briefing in Ottawa.

There were no reports of civilian casualties, but Lawson hastened to add that "couldn't be assured until there was a full battle damage assessment."

The air force released aerial video footage of the target being destroyed.

"Every indication was that the attack was very successful and there was no collateral damage," he added. THE CANADIAN PRESS

NATO mission?

Debate over whether NATO would take command of the operation adjourned in stalemate yesterday.

- **Ambassadors** belonging to the 28-nation alliance have been meeting in Brussels to hammer out an agreement to let control pass out of U.S. hands.
- **Talks** are set to resume today.
- **Turkey** is reportedly concerned the air strikes have already exceeded the UN mandate.
- **NATO officials** said yesterday they have received intelligence reports that indicate Gadhafi is trying to smuggle mercenaries and weapons into the country.

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JETS BOMB LIBYA

STEVE EARLEY/THE ASSOCIATED PRESS

▶ Petty officer (third class) David Weir kisses his wife, Jessica, and son, Cody, yesterday, as he prepares to deploy on the USS Bataan, in Norfolk, Va. The USS Bataan is deploying to the Mediterranean Sea to aid international efforts in Libya.

Rebels, NATO struggle to get organized

NATO ships began patrolling off Libya's coast yesterday as air strikes, missiles and energized rebels forced Moammar Gadhafi's tanks to roll back from two key western cities, including one that was the hometown of army officers who tried to overthrow him in 1993.

Libya's opposition took haphazard steps to form a government in the east, as they and the U.S.-led force protecting them girded for prolonged and costly fighting.

Despite disorganization among the rebels — and confusion over who would ultimately run the international operation — coalition air strikes and missiles seemed to thwart Gadhafi's efforts to rout his opponents, at least for now.

U.S. Defence Secretary Robert Gates acknowledged there is no clear end to the international military enforcement of the no-fly zone over Libya, but U.S. President Barack Obama said it "absolutely" will not lead to a U.S. land invasion.

Neither the rebels nor Gadhafi has mustered the force for an outright victory, raising concerns of a prolonged conflict.

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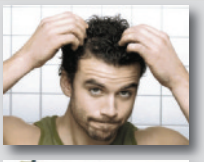

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Election blame game likely all for naught

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Prime Minister Stephen Harper speaks with the media yesterday as he defends the federal budget outside the House of Commons in Ottawa.

‘Opportunistic’ and ‘unnecessary’ are words on Conservative lips as opposition sets stage for vote

Canadians are going to the polls. The economy is under threat. There’s turbulence abroad.

Stephen Harper warns that voters must “choose between direction or uncertainty; between common sense or risky experiments.”

The date was Sept. 7, 2008, and the prime minister had just triggered a $300-million election, sweeping aside his own fixed-election-date law by asking the Governor General to dissolve Parliament and end his minority Conservative government’s 33-month rule.

Flash forward to March 23, 2011.

Canadians appear headed to the polls. The economic recovery is fragile. There’s turbulence abroad.

Three opposition parties have just expressed non-confidence in the proposed federal budget, all but assuredly triggering a $300-million election after another 29 months of minority Conservative rule.

The jockeying has begun again over who’s to blame for causing a federal election well prior to the standard four-plus years Canadians had come to expect under majority rule.

History suggests that for all the heat and fury generated over the blame game, it won’t matter a wit when Canadians cast their ballots sometime early in May.

The Conservatives didn’t appear to suffer on Oct. 14, 2008, for what many said was Harper’s “opportunistic” dissolution of his own government.

Liberal MP John McCallum said the current dire warnings of government paralysis during an election campaign are overblown.

Even under the worst-case scenario of 2008, said McCallum, Canada and its election-paralyzed government weathered the global financial crisis just fine.

THE CANADIAN PRESS

* Excludes Sale items. Cannot be combined with any other offer. Offer ends March 27th, 2011.

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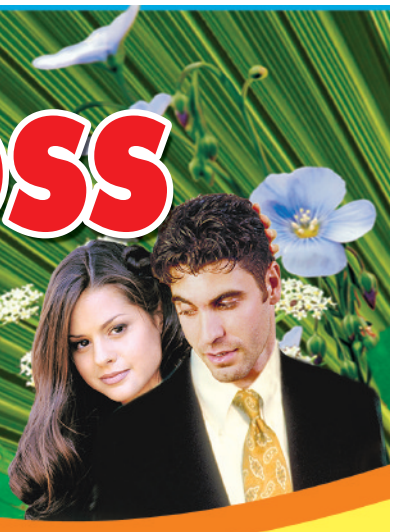

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How does BIO-FEN PLUS™ *work?*

Specific compounds within the herbal extracts inhibit the 5-alpha-reductase *(and therefore reduce DHT)* to prevent or slow down the rate of hair loss. This process is the principle by which the prescription drugs such as Propecia *(finasteride)* work. However, BIO-FEN PLUS™ also contains additional compounds which remove excess cholesterol and testosterone – the building blocks of DHT.

BIO-FEN PLUS™ also contains vitamins to increase blood flow to the small capillaries that feed the hair roots, to deliver the active herbal compounds and remove waste. **Therefore, BIO-FEN PLUS™ provides a natural, safer alternative to expensive drugs, and/or expensive & painful hair transplants.** As with the prescription alternatives, results vary from person to person, and no one product will work for everyone.

How long must I use BIO-FEN PLUS™ *?*

BIO-FEN PLUS™ capsules are usually effective at stopping hair loss within the first two months. However, since healthy hair grows only about 1 cm each month, it may take up to three months before you notice that hair growth is increased or further hair loss is stopped.

Anyone experiencing new growth will see it within four to six months. Once results become apparent, some users are able to reduce their BIO-FEN PLUS™ supplement dose to one capsule every second or every third day. Some clients will continue to take BIO-FEN PLUS™ daily. Once you stop completely, however, your hair growth pattern will slowly go back to the point where you started.

How safe is BIO-FEN PLUS™ *?*

The ingredient combination in BIO-FEN PLUS™ is generally safe for most adults. However, the following cautions are advised:

Folic acid: Consult a health care practitioner if you are uncertain whether or not you are taking adequate vitamin B12, as folate supplementation can mask a Vitamin B12 deficiency.

Vitamin B3: Consult a health care practitioner prior to use if you have impaired liver function.

Vitamin B6: Consult a health care practitioner prior to use if you are taking levodopa.

What is the quality of BIO-FEN PLUS™ *?*

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HALE

Jack Layton energetic as ever despite cancer, hip surgery: NDP

The minute after NDP Leader Jack Layton pronounced his opposition to the budget, all attention turned to his fragile health.

With Layton his party's best asset in an election campaign, his fight against prostate cancer and his ongoing recovery from hip surgery are constantly on the minds of supporters and opponents alike.

Layton and his staff insist, unfailingly, that he is as energetic as ever and perfectly prepared to launch a vigorous high-stakes election campaign.

"Better by the day," Layton grinned when asked Tuesday how he's feeling.

But before he commented on the budget, his staff set up a podium for him in the foyer of the House of Commons. They stuck close to the leader as he walked with a cane. And Layton cut his comments short, accepting just a handful of questions — uncharacteristic for a leader who has never shunned the cameras.

Campaign manager Brad Lavigne says the podium was to hold up Layton's notes, not the leader himself. And the cane is a sign of progress, because the doctors still expected him to be on crutches after his surgery earlier this month.

"Every day that goes by, he gets more and more mobile."

The NDP's candidates have a lot riding on Layton's energy levels.

They've already rebranded the party as the "Jack Layton NDP." Lawn signs have been printed, and his face and logo appear on all of them.

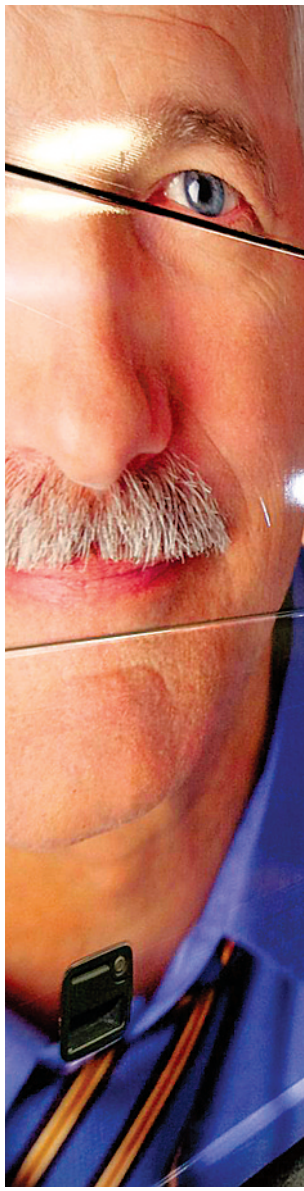
Layton consistently scores higher than his party in public opinion polls, and has been able to define a high-profile image for himself despite being the fourth party in the Commons.

His campaign will not be as frenetic as previous campaigns, but again, organizers say that's a strategy decision, not a health decision.

THE CANADIAN PRESS

Campaign ready

- A typical day will include an announcement in the morning, a colourful event in the afternoon and an occasional evening interview or town hall meeting, Brad Lavigne says.
- The party's Ottawa war room is almost fully staffed, with about 125 out of 150 party workers in town and ready to go. The stump speeches have been written, the advance crew is out scouting venues for the first few days' events, and the entire 36-day campaign has been mapped out.
- There was an uncomfortable sign that not everyone in the NDP's traditional support base is comfortable with the rush to an election. The Canadian Labour Congress urged calmer heads to prevail.
- Nevertheless, New Democrat MPs seemed peaceful with their decision to push the country closer to an election.



CHIEF

DARREN CALABRESE/THE CANADIAN PRESS

▶ Coach Canada employees Jordan, left, and Vaughan Blancher prepare one of NDP Leader Jack Layton's campaign buses yesterday at Coach Canada in Toronto.

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Bus stop carnage

Jerusalem blast kills 1, wounds 25

A bomb struck a crowded bus stop in Jerusalem yesterday, killing a 60-year-old woman and wounding at least 25 other people.

Authorities said it was the first major Palestinian militant attack in the city in several years.

The 3 p.m. bombing occurred near the main entrance to Jerusalem, next to the city's central bus station and main convention centre, an area crowded with travellers.

"We will show the terrorists we are not terrorized."
JERUSALEM MAYOR NIR BARKAT

"I saw kids crying on the street, lying in blood," said one man.

The bomb went off next to a food stand called, in a Hebrew play on words, "a blast of a kiosk."

THE ASSOCIATED PRESS

BERNAT ARMANGUE/THE ASSOCIATED PRESS

▶ Rescue workers and paramedics treat a man injured in the Jerusalem bus stop blast.

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Spreading the blame

N.Y.C. child welfare workers charged after mistreated girl dies

Two former child welfare workers and a grandmother have pleaded not guilty to charges in the death of a four-year-old New York City girl who was starved, beaten and drugged.

Brooklyn District Attorney Charles J. Hynes says the former workers with the Administration for Children's Services didn't do enough to help Marchella Brett-Pierce, who weighed eight kilograms when she died in September.

Their lawyers say the defendants are being blamed for crimes they didn't commit.

The agency says its workers live up to the "difficult and heartbreaking challenge" of protecting children. It says "appropriate action" is taken if staffers don't meet standards.

THE ASSOCIATED PRESS

Algeria. Clash

▶ Riot police officers argue with residents of the poor Oued Koreich district of Algiers, Algeria, yesterday.

SIDALI DJARBOUB/THE ASSOCIATED PRESS

Battle of Algiers

Algiers' residents are protesting a plan to destroy poor housing. Housing shortages and poverty are endemic, even though the country is a major gas exporter. Algerian President Abdelaziz Bouteflika is pledging to make political reforms in the north African country.

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Market moment

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Trump. Card

▶ Alex Shnaider, Canada's youngest billionaire and developer of the Trump International Hotel & Tower, shows off the marble bathroom of a 12th-storey one-bedroom suite. The development is reputed to cost about $500 million.

DAVID COOPER/TORSTAR NEWS SERVICE

Canadian billionaire's towering ambition

He served his apprenticeship — and made his first billion dollars — as founder of the holding company Midland Group. Now, Alex Shnaider is gearing up for another landmark: The opening of the Trump International Hotel & Tower. The Bay-Adelaide project will be the tallest residential building in Canada and the second tallest building in Toronto after the CN Tower when it opens in late spring. Donald Trump is a minority shareholder.

Face time with Tims

Tim Hortons seeks to grow its online presence with Facebook ads

Everyone knows Facebook is a place where friends and family share news and photos. But more and more, it's also a place where companies share product pitches.

About 50 million connections are made every day between businesses and Facebook users. But are these interactions translating into a bump in sales?

"We're testing the waters with that," says David Morelli, director of public affairs for Tim Hortons, one of the most popular brands on Facebook in Canada.

With more than 1.4 million fans, about one in 12 of Canada's 17 million-plus Facebook users is linked to Timmies.

Morelli says Tim Hortons' budget for Facebook ads is conservative and the company is still trying to figure out their effectiveness against other types of marketing.

"We're learning and trying to determine what are the right metrics and what are the right spends in (social media)," he says.

One thing is certain: Encouraging users to post about loving Tim Hortons' coffee results in a special kind of advertising that money can't buy, says Facebook Canada head Jordan Banks.

And for users who object to the corporatization of Facebook, Banks says they are free to stop "fan-ing" ads and start "x-ing" them out. **THE CANADIAN PRESS**

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U.S. home sales lowest in 50 years

Sales of new U.S. homes fell 16.9 per cent last month to a seasonally adjusted annual rate of 250,000 homes, far below the norm of 700,000 a year, the U.S. Commerce Department reports. **THE ASSOCIATED PRESS**

Exxon sends fuel to north Japan

Exxon Mobil Corp. has reopened its Japanese terminals and shipped one million litres each of gasoline and kerosene to earthquake-devastated Tohoku to be used for heating fuel. **THE ASSOCIATED PRESS**

Gulf oil-spill probe finds cause of leak

A trapped piece of drill pipe prevented a key failsafe device from properly sealing off the blown oil well that caused last year's BP oil spill off the coast of Louisiana, a U.S. probe has found. **THE ASSOCIATED PRESS**

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YOUR HANDY-DANDY GUIDE TO ELECTIONS

He says ...

JOHN MAZEROLLE

Do you have a headache? Nausea? The urge to remove your eyes with a salad fork? Then you've got Canadian election fever!

Right this second, Stephen Harper is amassing a pile of neatly folded sweater vests, ready for battle. Michael Ignatieff is doubling his morning series of eyebrow reps. Jack Layton is constructing a kitchen table where he will have homegrown discussions with real Canadian families. And Elizabeth May and Gilles Duceppe are getting mentioned in this passage because they get equal time during election campaigns.

Perhaps this will be your first vote because you've turned 18, recently become a Canadian citizen, or you plug your ears and go "la la la la la" as soon as you hear the word "election."

Well, have no fear: You'll get by with my handy-dandy Guide To Voting In Canada.

WHO CAN VOTE?

To vote in a Canadian election, you must be:

• Tall enough to reach the top of a cardboard box on a table and have no fear of gymnasiums.

• Able to say the following sentence whenever required, usually while sitting at a bar: "If you don't vote, you've got no right to complain."

WHO AM I VOTING FOR?

You're voting for an MP, or Manipulative Person. They have been selected by their respective parties based on their ability to mention your name, employ clichés, and touch voters' elbows in a compassionate manner.

"You're voting for an MP, or Manipulative Person."

For example: "At the end of the day, John, you can tell I care because I'm touching your elbow."

WHAT CAN I EXPECT?

You may be one of those people who assumes an election is no time to expect a high-minded policy discussion. You are what political scientists like to call "correct."

What you can expect are attack ads like this: "Stephen Harper enjoys apple pie. As in, 'American as apple pie.' Is Harper in the pockets of U.S. dessert makers? Well, nobody said he isn't."

Also, expect ads about Ignatieff where a narrator describes him as an "intellectual" in the same tone of voice somebody would normally say "groin lesion."

WHY SHOULD I VOTE?

Because not voting when people in Arab countries are dying for it is like standing in front of a homeless person and dumping your pizza into the garbage can because the slices "all taste the same."

Besides, if you are going to suffer — and you are — you might as well have something to show for it. Nobody escapes Canadian election fever.

Read more of John Mazerolle's columns at metronews.ca/hesays

Cartoon

MICHAEL DE ADDER

The filthy reality of life

Worth mentioning

Dirt has a bad image. Muck, we think: Yuck.

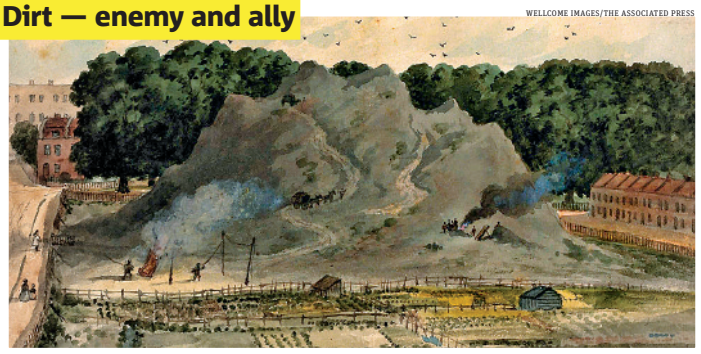
But getting your hands dirty can also be irresistible, as every child knows. A major new museum exhibition in London asks visitors to think again about the filthy and the fetid, exploring the role of dirt as humanity's enemy and ally in history, art, science and medicine.

"Dirt is something we make and encounter every day," said James Peto, senior curator at the Wellcome Collection, where the exhibition opens today.

Peto said the exhibition — Dirt: The Filthy Reality Of Everyday Life — explores both the good and bad sides of dirt.

Dirt — enemy and ally

WELLCOME IMAGES/THE ASSOCIATED PRESS



"Some of it, in the right quantities and the right place, is good for us," he said. "Soil in the sense of 'soiled sheets' is bad, but soil where vegetables grow feeds us.

"And it's where we all end up in the end."

Filth's intimacy and omnipresence may explain some of the terror and fascination that dirt — defined by the exhibition as "dust, excrement, rubbish, bacteria and soil" — holds for us.

We abhor it, but it's also a mark of progress — the more cities, industry and civilization there are, the more dirt, and finding ways to dispose of it has taxed societies for centuries.

THE ASSOCIATED PRESS

What animal best represents you? Why?

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Metro Minute with Heart Truth fashion

Little known fact: The first time fashion mixed with charity occurred when victorious Roman soldiers returning from battle were showered with riches and gifts as they marched in their army attire toward Capitoline Hill. OK, we sort of made that up, but it makes sense, right? Anyone? Crickets? Anyway, regardless of origin, The Heart Truth fashion show picks up the mantle of style for a good cause, with proceeds from tonight's celebrity-filled runway show going toward the fight against women's heart disease and stroke. This year's strutters include Elisha Cuthbert, Deborah Cox, and for the first time you can ogle famous pecs as guys like Rick Campinelli support the women they love. JORDANA DIVON

CONTRIBUTED

▶ Actress Natalie Brown walks the runway in a past Heart Truth fashion show. To stream the show live tonight at 8, go to theherttruth.ca.

2 scene

Canada honours its musical elite

The Juno Awards bring together musicians from a range of genres
Rockers, rappers and politicians are ready for a fun night of music

BACKSTAGE PASS

IAN GORMELY
METRO TORONTO

Make no mistake — while the Junos may not make the garish splash that awards shows down South do, they can still generate their share of glitz and glamour. Just look at the media-storm that will inevitably follow Drake and Justin Bieber around this weekend.

But while those two stars soak up the bulk of the attention, a slew of other artists — both nominees and observers — will be partaking in many of the week's Juno related activities.

Artists like Sarah Harmer and members of Broken Social Scene got a taste of the red carpet Tuesday afternoon at the Ontario Media Development Corporation where they were paraded in front of a phalanx of media for photos and interviews.

"It's still weird," admitted drummer Mike Peters, whose band Cancer Bats was previously nominated back in 2009. While watching punk rockers like Peters and Cancer Bats front-man Liam Cormier rub shoulders with industry types in suits and ties, it's easy to see why. Standing against an OMDC and Juno branded backdrop, Peters and Cormier goofed around for the media line. The afternoon's MC, Wes "Maestro" Williams, posed like the slick pro that he is. Others looked completely overwhelmed while partners and publicists held their bags and drinks.

Artists have different reasons for attending events like these. The free food and drink certainly goes a long way. Some, though, have more pressing concerns. "Traditionally, urban music doesn't get a lot of attention," noted Jason "MoSS" Connoy, one half of hip-hop duo and first time nominees Eternia & MoSS. "We have to show our faces."

Even politicians were showing their support. Michael Chan, the provincial Minister of Tourism and Culture, could be seen posing for photos with Broken Social Scene's Brendan Canning and Justin Peroff.

You can expect more odd-ball moments like these throughout the course of Juno Week.

So to any Juno nubes feeling overwhelmed, Cancer Bats' Peters has one piece of advice: Just go with it.

Follow Ian's Juno Twitter updates @metrojuno

IAN GORMLEY/METRO

▶ Juno nominee Royal Wood. The Junos take place Sunday at the Air Canada Centre.

Scene in brief

Republican officials say Donald Trump will address the party's Lincoln Day dinner as part of his first foray into Iowa as a possible presidential contender.

The New York billionaire and reality TV figure has already announced plans to visit New Hampshire in June.

Iowa Republican Party Chairman Matt Strawn says Trump will speak June 10 in Des Moines.

Strawn says the Iowa party invited Trump so he could introduce himself to Iowa Republicans. He noted Trump's success as an "entrepreneur and job creator."

Trump has said he will decide by June whether to seek the Republican presidential nomination.

THE ASSOCIATED PRESS

Ivanka Trump stalking suspect kept trying to contact her after court order, prosecutors say

Housewives star Frankel has become her own brand

When Bethenny Frankel first pitched her idea for a low-calorie, ready-to-drink bottled margarita to liquor companies, she got rejected, so she decided to make and distribute it herself.

"Little old me, who knew nothing about the booze business, said, 'You know what? This is a good idea. I know it. I'm acting on it," she told The Associated Press.

Now, more than 100,000 cases of the Skinnygirl Margarita ship annually, and Fortune Brands Inc. announced Monday that it bought the brand for an undisclosed amount.

Frankel talks about her drive in her new book, A Place of Yes, in which she presents 10 rules to live by in life. The rules help her "keep moving forward" and "break the cycle ... of inner noise that tries to hold me back," she wrote.

Frankel place second on Martha Stewart's version of The Apprentice in 2005, then returned to reality television on Bravo's The Real Housewives of New York City in 2008.

MARION CURTIS/AP PHOTO/STARPIX

▶ Bethenny Frankel

That's when Bethenny Frankel became a brand.

She now has her own TV show, Bethenny Ever After, as well as a workout DVD. Her first book, Naturally Thin, was a New York Times bestseller.

And more Skinnygirl liquor is coming, including a white sangria, mojito, sweet tea vodka lemonade and a cosmopolitan-type cocktail.

There's also a daily cleanse, skin-care line and shapewear.

Frankel plans to write more, including a book for children and books about relationships and what she's learned as an entrepreneur.

"I've learned a lot, but you can make mistakes every day," she said.

THE ASSOCIATED PRESS

Malone knows how to punch

Sucker Punch actress did eight months of training for the movie's battle scenes ◆ Despite getting many bruises she found the dancing training for the film was harder ◆ Young female cast bonded during filming

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

▶ Jean Malone, left, Abbie Cornish, centre, and Vanessa Hudgens star in Sucker Punch.

Jena Malone isn't typically who you might think of when you think "action hero," but then her new film, Sucker Punch, isn't your typical action movie.

In fact, the 26-year-old actress, who's best known for indie fare like Donnie Darko, Saved! and Into the Wild, was drawn to Sucker Punch because of how different it was.

"Within the action genre, most females are mostly divvied to extremes — sort of the damsel in demise or sort of the hot babe, you know?" she says. "What's really cool is that all of these characters get to be multifaceted, multidimensional.

"You're exploring vulnerabilities, you're exploring the fears, you're exploring the confidence, you're exploring the sexiness of what it is to be a woman."

In the film, Malone and her co-stars (Emily Browning, Abbie Cornish, Vanessa Hudgens and Jamie Chung) use their imaginations to escape their bleak reality — being held prisoner in a mental hospital. But Malone admits even less severe realities sometimes need escaping from.

"I always try to escape reality when I have to clean," she says. "I feel like I really need to put on an alter ego because it doesn't come as naturally to me. So I try to put on some sort of super-sexy outfit just to get excited and do dance movements."

For the fantastical battle sequences in Sucker Punch, Malone and her co-stars trained for eight months in mixed martial arts, firearms and sword-play. And the training didn't come without its risks.

"You always get a little bruise here or there," she says. "It felt right, kind of. If I maybe went a little too far and twisted something or tore something or got a bruise, it felt appropriate. It just felt good. Luckily, all of our injuries were just walking injuries. No one had to be hospitalized."

More daunting than any stunt-work, it turns out, was actual dancing. In the main fantasy world of Sucker Punch, the girls serve as exotic dancers at a burlesque club.

"We trained for weeks to be able to figure out how to do these dances," Malone says. "They were terrifying and incredible and spectacular. Pole-dancing was the hardest thing I did the entire film. I got worse bruises doing the dance choreography than I did during eight months of stunt training. Literally, there was a map of Africa on my thigh."

All that bruising, though, didn't exactly pay off, as the dances overlap with the fantastic battle sequences, and in the editing room the battles won out. But it's OK, says Malone:

"As an audience member, I think it's actually more interesting that you never see the girls dance. It becomes more of a device of the film and it makes the fighting a little bit more spectacular."

Of course, filming such an intense movie together leads to some pretty serious bonding, right?

"We can't stand each other, obviously," Malone says, before bursting out laughing. "No, we're literally friends for life," she says of Browning, Cornish, Hudgens and Chung.

"This is a life-altering experience, and to be able to share it with four of your best friends that are bonded together on such an intimate level, you can't take that away as soon as the camera stops."

Seeking high school students to participate in a research study

Who: Teens ages 14 to 16 with and without a diagnosis of Attention Deficit Hyperactivity Disorder (ADHD)

What: Reading, listening, and memory tasks (about 5 hours) on a weekday or weekend

Where: University of Toronto (St. George station)

Why: Earn community service hours and $15 to cover travel to the lab **OR** $30 for travel and participation. Parents receive a free academic report on their teen.

For more information:
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or
researchstudyADHD@gmail.com

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For more information visit:

WWW.SUMMER-WORK.COM

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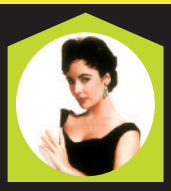
Career highs

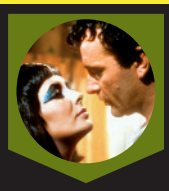


Childhood fame
The hit films Lassie Come Home and National Velvet catapulted her to stardom.

Bold choices
Cleopatra, in 1960, earned her a $1 million paycheck, making her the highest-paid actress at the time.

Instant classics
Father of the Bride, A Place in the Sun and Suddenly, Last Summer became instant classics.

Career lows



Failed marriages
She had eight total, to magnates (Conrad Hilton), co-stars (Eddie Fisher, Richard Burton twice) and, most recently, a much younger construction worker (Larry Fortensky) who she divorced in 1996.

Gossip staple
In addition to her love life, Taylor was often in the news because of her poor health, her protective relationship with Michael Jackson and her lavish lifestyle. But she also was a devoted AIDS and amfAR activist.

BUILDING BRIDGES
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Professional people with disabilities are invited to attend an exclusive Breakfast or Luncheon Mix & Mingle Networking Event where you will have the opportunity to meet and obtain useful employment advice from industry leaders in the GTA.

Food and Beverages will be provided.

Date: *Thursday March 31, 2011*
Location: *Rosehill Venue Lounge*
Price: FREE!

Breakfast Event Celebrating Women with Disabilities
Luncheon Event Celebrating Disability & Diversity

Criteria:
• Must be a person with disability
• Must be between the ages of 20 – 45
• Must be attending a post-secondary institution or a graduate with a University Degree or College Diploma
• Individuals from visible minority, ethnic or cultural groups are encouraged to apply

To Apply:
• Send resume
• A short paragraph on how you will benefit from attending this networking event

Deadline:
Submissions due by Tuesday March 31st, 2011

Contact: Email buildingbridgesassociation@gmail.com
www.buildingbridgescanada.com

GETTY IMAGES FILE PHOTO

▶ Throughout her career, Taylor was equally as famous for her personal life, marrying eight times, and for her charity work battling AIDS.

Liz Taylor dies at 79

The legendary actress passed away due to congenital heart failure

NED EHRBAR
SCENE@METRONEWS.CA

METRO WORLD NEWS IN LOS ANGELES

Famed actress and humanitarian Dame Elizabeth Taylor has passed away at the age of 79. The two-time Oscar winner died at Cedars-Sinai Hospital, where she had been receiving treatment for congestive heart failure. A small funeral for family and friends is planned for later this week.

"She was surrounded by her children: Michael Wilding, Christopher Wilding, Liza Todd and Maria Burton," Taylor's publicist, Sally Morrison, said in a statement.

Taylor's son, Michael Wilding, spoke fondly of his mother.

"My Mother was an extraordinary woman who lived life to the fullest, with great passion, humour and love. Though her loss is devastating to those of us who held her so close and so dear, we will always be inspired by her enduring contribution to our world."

Taylor is survived by her children as well as 10 grandchildren and four great grandchildren.

Metro asked its Twitter followers: Have you ever seen an Elizabeth Taylor movie?

@rwjboon
No one has. All urban legends
HALIFAX

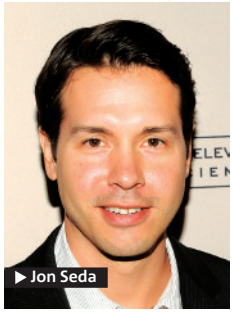
@citizenwilliams
Who's Afraid of Virginia Woolf is a classic!
HALIFAX

@arc_pic
Besides seeing her portrayed on The Simpsons, I've never seen a movie with her in it. I've seen more movies than most
EDMONTON

Treme adds Seda for second season

Pacific veteran plays a venture capitalist looking to make money off hurricane-devastated New Orleans

MICHAEL BUCKNER/GETTY IMAGES


▶ Jon Seda

A crowded nightclub is the setting. Ragtime music echoes through the smoke-filled room.

Actor Jon Seda walks toward the end of the bar, takes a seat and begins a shady conversation with a city insider about what's happening in post-Katrina New Orleans.

And ... cut!

The room comes alive. The crew begins moving lights, cameras, cables, chairs. Extras sprint from one end of the room to the other, back to their marks. Makeup artists and hair stylists move toward Seda and his scene-mate, actor Dan Ziskie, to remove the shine from their faces and put stray hairs back in place as they prepare for another take in season two of the HBO series, Treme.

Seda, known for his roles in The Pacific and Homicide: Life on the Street, brings to life a new character in Treme: Nelson Hidalgo, a venture capitalist who comes to New Orleans looking to help the city rebuild a year after the killer storm, while helping himself in the process.

"This character is just the beauty of David Simon," said Seda, during a recent break in filming. "He (Simon) digs deep and tells the truth — the good, the bad and the ugly."

Seda said Hidalgo looks to capitalize on an opportunity, as many people did after post-hurricane flooding ravaged New Orleans in 2005, and in the end comes to love the city and all that it has to offer.

"You know, a lot of money came through here after the hurricane and there are a lot of questions left about where that money is now. Those are the types of stories that should be told and that Simon tells so well," Seda said.

After Katrina, billions of dollars in federal aid poured in to help the city rebuild. An estimated 80 per cent of New Orleans was flooded in the storm's aftermath and for a time the city was abandoned.

Season Two picks up in 2006 and looks at a period in the city when crime "came back with a vengeance," said Simon, the executive producer and co-creator with Eric Overmyer of the series based on the city's Treme neighbourhood and the people who live there.

"Schools reopened in a schizophrenic form, there was a lot of discussion about land use and urban planning and there was a lot of gamesmanship about where the money was and how a lot of the money never made it to where it was supposed to go. These things are the backdrop for what these characters are experiencing."

Simon said this season he's also looking to showcase some of the emotions that ran rampant in the city.

"Everyone thought it would be easier," Simon said. "Initially, people were living on adrenaline. A lot of people were sustained by a sense of mission, of just physically trying to get back. But once they got back … It got harder for people and a lot were surprised by that."

THE ASSOCIATED PRESS

Treme

- **Return.** Season 2 of Treme beings Sunday, April 24 at 10 p.m. on HBO Canada
- **Video.** Season 1 of Treme comes out on DVD and Blu-Ray on Tuesday.

TV watch list

Michael pops the question to Holly

COMEDY. It finally happens tonight on The Office — Michael pops the question to Holly. And this being Michael Scott, you know he won't be handling the special moment without a fair bit of thought, misguided though it may be. Meanwhile, the office holds a garage sale in the warehouse. (NBC, Global)

THE CANADIAN PRESS

The parks department goes camping

COMEDY. Over on Parks and Recreation, Leslie (Amy Poehler) takes the whole department camping in order to brainstorm new ideas. Meanwhile, Andy (Chris Pratt) attempts a romantic gesture for April, and Ann gets nervous when Chris (Rob Lowe) returns to Pawnee as the new city manager. (NBC, Citytv)

THE CANADIAN PRESS

CLIFF OWEN/THE ASSOCIATED PRESS, FILE

▶ Steve Carrell from The Office

Brand struggling with married life

Compares being a husband to Perry like dealing with a drug addiction

Russell Brand admits that adjusting to married life with Katy Perry has taken some work.

"I can't believe I used to have sex 20 times a week, especially now I'm married. But now I'm a bloody good gardener. It's difficult getting used to one person and being in the same house every day," he tells Piers Morgan during an interview.

Brand's trick, he explains, is to approach handling married life like he did when he was in addiction recovery.

"I take it one step at a time — like with drugs, like with alcohol," he says. "Don't look at things as in 'rest of life'. Of course marriage is for life and that's what I wanted, but anything for the rest of life can be daunting."

Brand and Perry have been married since Oct. 2010.

METRO

"Don't look at things as in 'rest of life'. Of course marriage is for life and that's what I wanted, but anything for the rest of life can be daunting."

RUSSELL BRAND SPEAKING ON THE STRUGGLES OF BEING MARRIED TO KATY PERRY

ALL PHOTOS GETTY IMAGES FILE

Talking points

Zellweger finds solace from Bullock

PEOPLE While nursing a broken heart in New York City, Renee Zellweger has reportedly found a sympathetic ear in pal Sandra Bullock, according to Pop Eater. The two actresses caught up with each other this week in the wake of Zellweger's split from Bradley Cooper.

"If anyone can cheer a person up after a bad breakup, it's Sandra," a source says. "After what Sandra went through, you have no right feeling sorry for yourself at all. I can't think of a better medicine than spending an hour or two with Sandy. The way she handled herself with such grace and dignity after her split is an inspiration to us all."

METRO

Celebrity tweets

Christina Aguilera [@TheReal-Xtina] Thanks for the welcome to Twitter. I'm getting the hang of this. Never thought I'd say the word "hashtag". Pandora's box has been opened.

Lindsay Lohan [@lindsay-lohan] 7:00am russian bazaar call times are just too much! i think i'm still going to be waking up in hair/make-up..but praise fashion+kellogs! :)

Jessica Alba [@jessicaalba] Oh my aching heartburn...

Conan O'Brien [@Conan-OBrien] Ah, Springtime in L.A.! It reminds me of Fall in L.A. METRO

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Spruce up your act for spring

Don't be the guy who rolls into the office with puddle-like underarm sweat patches and an oily face fit to grease an engine We tell you how to update your look for the warm weather

RICHARD PECKETT
LIFE@METRONEWS.CA
METRO WORLD NEWS

KARL-EDWIN GUERRE AND TAMU MCPHERSON

▶ Add a pop of colour at the waistline (above) or the ankle for a bright and cool spring update.

What to wear

1

2

3

4

5

6

1 VANS
Chukka sneakers
$97, **vans.com**

2 UNIQLO
Crewneck T-shirt
$6, **uniqlo.com**

3 ASOS
GloverallxYMC raincoat
$448, **asos.com**

4 PRADA
Flatform brogues
$822, **prada.com**

5 RALPH LAUREN
Madras check shorts
$90, **ralphlauren.com**

6 ST. JAMES
Binic II breton top
$143, **oipolloi.com**

RICHARD PECKETT

Some spring and summer staples aren't for everyone.

"Sleeveless tees and white suits. They're just not suitable for every weight and age group — you have to be young or in good shape to pull them off," says stylist Andrew Davis.

And he's not the biggest fan of mandals.

"They only look good on certain people. I mean, who wants to see your toes poking out? They look especially dreadful on pale skin," he adds.

So what should you wear? Here are four tips:

1
Punch up your outfit with a pop of colour
This season marks a move away from muted tones toward bold colour. It's an easy way to add an edge to your workwear without looking like a full-on fashion victim. "Wear a beautiful bright Yves Klein blue or pillar box red T-shirt under a navy suit or with chinos or just colour-block half the body," Davis says.

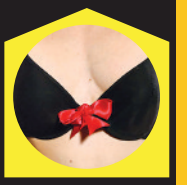
2
Master the art of summer suiting
Ditch the wool tailoring for something lightweight. "Try a linen suit in soft blue or gray and wear it with a white shirt and a club or check tie. It can look really cool and classic," Davis says. And if you're feeling adventurous, skip the tie and rock a — wait for it — neckerchief. "It's a bit Hannibal Lector-esque."

3
Nail down the perfect casual style
Every man should have a few nautical items in his closet because they look polished, can be easily mixed and matched, and are just hard to screw up. A few things to buy now: "A boxy, double-breasted jacket, chambray shirt, chinos, moccasins, breton top and a toggle coat," he says.

4
Get your short lengths right
"Shorts are a bit shorter this season; they're cut above the knee," Davis explains. For lounging on the weekend, Andrew suggests a jogger short, which has a relaxed fit (Important: When you're wearing shorts, they should hit higher up on the leg).

3 life

Up and down



Clap-off underwear
Some random guy invented a clap-off bra that drops off the body at the sound of applause, presumably for those guys out there who are too lazy to figure out how to undo the clasp. Let's just hope no one wears it at a rock concert.
METRO

Bright hues, bold patterns big for spring, says star stylist Phillip Bloch

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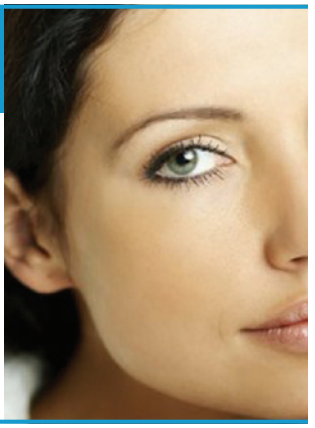


WSJ. scores Anna profile

In fashion circles and beyond — in the worlds of business, politics and entertainment — she's just Anna, a worthy peer to Oprah and Martha.

And even though Anna Wintour's name might not be as instantly recognizable, Anna, American Vogue's editor-in-chief, might still be influencing unsuspecting consumers about what they wear and how they shop.

That's why WSJ., the glossy lifestyle magazine published by The Wall Street Journal, is featuring her on its cover with an article exploring her power and influence in the fashion industry. The issue hits newsstands on March 26.

THE ASSOCIATED PRESS

What to do with your hair: Grow it out

It's time to roughen up that pristine parting and add some texture.

"We're getting away from the classic hair cut. You know, the Mad Men look with the stylish side parting. I think now we're going to see more creativity, medium lengths and longer hair styles that are messy, distressed and disheveled hair," explains grooming expert Carmelo Guastella, the man behind the iconic Ali G goatee.

It's also going to be a good season for stubble. But you'll want to be sure to keep your beard in check. "I would go down to a stubble but if you do have a beard let it look natural and blend into your skin at the edges," advises Guastella.

RICHARD PECKETT

GETTY IMAGES

▶ Model David Gandy nails the season's slightly disheveled hair.

Style pick

Gap's washed-out khaki cool

If the age-old saying, variety is the spice of life, rings true in the fashion stakes, then Gap's denim khakis will definitely be for you. The washed-out, slim fit range, available in colours from brick to grass, are a much-needed break away from the dull formality of preppy styles. Work them into your wardrobe as part of a pared down, washed-up beach look teamed with either desert boots or bright, boat shoes.

METRO

GAP

$60, gap.com

Men's grooming

REDKEN

Rough paste, $24, redken.com

ACQUA DI PARMA

Rough paste, $315, acquadiparma.it

DERMALOGICA

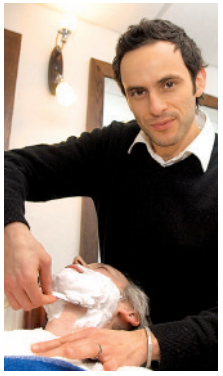
Moisturizer, $36, dermalogica.com

Advice

A FOOLPROOF SHAVE

CARMELO GUASTELLA

GROOMING EXPERT



1 "Avoid using harsh exfoliators before shaving because it strip away layers of skin and increase sensitivity. Instead, use a shaving brush because it lifts the hair and acts as an exfoliator."

2 "If the hair stands at 45 degrees, you can almost shave with, across and against the grain. However, if the hair is not at this angle then just shave with the grain."

3 "Find a post-shave moisturizer that's suitable for your skin. If you have sensitive skin, use a soothing gel, while sufferers from dry and flaky skin should try a richer moisturizer."

Twists on trenches

This season, trenches are a bona fide fashion trend, with a few twists

It's time to dig out the trenches again.

The reliable outerwear piece long linked to strong soldiers and sexy spies is one of those classics that so many of us already own, and it's pretty safe to say that whatever coat you have, it has never fully gone out of style.

This season, though, trenches are a bona fide fashion trend, with runways and retailers offering a few twists to keep this century-old style feeling fresh.

When designer Rachel Roy previewed her spring collection for buyers, editors and stylists, there were models showing off a dozen different interpretations of trench coats. From a buttery leather version to a fancy metallic one, she offered a variation for various occasions and lifestyles.

"The great thing about a trench is that it is equal parts smart, easy and pulled-together chic," Roy says.

There is some flexibility in the description of what makes a trench a trench: Roy says its defining characteristic is the shape of the shoulder; Lisa Axelson, vice-president of design at Ann Taylor, isn't sure if it's the shape of the pockets, the storm flap or a nipped waist.

Regardless, Axelson says, you know when you see one — even if it's a dress in washed silk with a draw-cord waist like the one she included in her spring lineup.

That's right, fashion insiders don't say a trench has to be a coat. There are capes, vests, dresses and even trenchlike trousers.

"People have taken a lot of creative freedom with the trench coat, adding newness," says Amanda Brooks, fashion director at Barneys New York. "There are endless ways to reinterpret it."

THE ASSOCIATED PRESS

▶ Ann Taylor's silk trench
AP PHOTO/ANN TAYLOR

AP PHOTO/GILT GROUPE

▶ Vera Wang Lavender Label belted trench

AP PHOTO/GILT GROUPE

▶ Thread Social cotton canvas tie waist trench

AP PHOTO/GAP

▶ GAP's soft trench

Mendonca makes a comeback

Arthur Mendonca is back in business and preparing to reveal his latest designs on the runway. The award-winning Toronto-based designer will be presenting his new collection on March 25 at a yet-to-be announced location. The event will be a part of The Shows, an inaugural season of runway presentations featuring some of the country's top style stars.

Beker expands collection

After a successful launch, Jeanne Beker is preparing to expand her womenswear collection with wider availability of locations in addition to a range of sizes. The Fashion Television host is returning to The Bay with her Edit by Jeanne Beker collection. The line will be available at 80 locations across the country up from 65.

Vancouver falls into spring

Spring will be well underway, but that won't stop fall and winter from being on the minds of style lovers when Vancouver Fashion Week kicks off next month. The West Coast style showcase is scheduled to be held April 17 to 21. THE CANADIAN PRESS

At-home bath time

THE KIT

Mud: The real dirt

Legend has it that Cleopatra slathered herself with the mud of the Dead Sea. The natural detoxifying properties of mud and clay — combined with the region's mineral-rich water — made it a hit with the Egyptian queen. Pumice boosts the exfoliating and clearing powers of No7 Purifying Sauna Mask ($15, shoppersdrugmart.ca).

Salt of the earth

Prized for its healing, disinfecting and soothing properties, salt remains a key ingredient in many of our favourite scrubs and soaks. Sandalwood, citrus, rosemary and tea tree scent Dermalogica Hydro-Active Mineral Salts ($35, dermalogica.ca), a sea-salt-and-kelp body polish.

Sugar: How sweet it is

Brown or white, look to sugar as a natural exfoliant. It dissolves readily in water, so it's gentle on sensitive skin. Try Linden Leaves Sugar Salt Exfoliating Body Rub. Clary sage soothes while evening primrose, jojoba and sweet almond oils nourish ($33, lindenleaves.ca).

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DUNCAN MCALLISTER

Meet the condo

- **WHAT:** Thompson Residences
- **BUILDER:** Freed Developments Corp.
- **LOCATION:** Central King West
- **WEBSITE:** thompsonresidences.com
- **PHONE:** 416-363-0621
- **SIZES:** Ranging from 417 to 2,600 sq. ft.
- **PRICING:** From $279,000 to $1,999,900

In the neighbourhood

A premium central King West location near beautiful Victoria Memorial Park and close to King and Queen streets west, with eclectic shopping and restaurants nearby. Minutes to the downtown core and Toronto's waterfront. There are plans for 30,000 square feet of retail space at the building site.

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Location and transit

On the edge of Toronto's financial district, Thompson is centrally located with TTC streetcar access along King St. A drive straight down Bathurst St. gets you to the Gardiner Expressway in no time.

Building amenities

Thompson boasts the largest rooftop pool in North America. The building has a 24-hour concierge, and shares services with the Thompson Hotel across the street. Housekeeping, laundry and dry cleaning, grocery delivery, valet parking, personal trainers and pet services are all available on a pay-per-use basis.

Real news. Toronto

NO FEBRUARY FUNK FOR CONDO SALES

Rooftop Surfing

STEPHEN DUPUIS
HOME@METRONEWS.CA

Recently, I was asked by a reporter what I thought of the fact that new home sales in the GTA were down 13 per cent in January. My response was that January is when builders are offering inventory as opposed to new launches, therefore I would be no more or less excited if sales were up or down by 13 per cent.

I added that sales in February and March would be much more revealing of any trend, and that I expected some positive results based on the industry buzz about new project launches.

As it happens, my prediction was accurate, albeit far too conservative — new condo sales in the GTA in February were smokin' hot. As a matter of fact, it was the best February ever for condo sales.

According to RealNet Canada Inc., there were 2,202 new condos sold in the GTA last month, marking the first time ever that more than 2,000 high-rise units have been sold in February — so much for the proverbial blahs!

Usually, when records are broken, it's by small increments, not 36 per cent better than the third best year ever (2010) or 26 per cent compared to the second best year (2002).

For fun, I calculated average condo sales for the month of February since the year 2000, and it's about 1,100 units, so this year's total is double the long-term average.

Not surprisingly, condo sales accounted for 61 per cent of total new home sales in the GTA in February.

I'll be watching the March numbers (due out mid-April) with great interest and am expecting a very solid first quarter for new condo sales in the GTA — we're certainly off to a great start!

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Bringing the outside in

If you look outside, it likely doesn't resemble spring But you can at least make your home ready for the season

DESIGN CENTRE

KARL LOHNES
HOME@
METRONEWS.CA

While it may technically be spring, getting out to enjoy the weather may still be a few weeks away.

And this spring is supposed to be a cold and damp one. Luckily, there's a huge trend in bringing outdoor decor inside, and now more than ever is the perfect time to inject some springtime inside our homes.

From bright garden colours and the smell of flowers to rustic natural elements, let's get a head start on spring by decorating with an outdoor theme with these easy ideas.

If we can't enjoy the outdoors, let's bring it inside!

ALL PHOTOS ARE HANDOUTS

Add a wall of springtime colour

As I've been reporting since last fall, adding a focal wall of colour in a room is no longer an old-fashioned thing to do.

Choose a wall that is the focal point to the room. For instance, the headboard wall in the bedroom, the TV wall in the family room or the fireplace wall in the living room are all good candidates.

If using paint, then add a darker or dramatic colour to help add drama to a room.

Dark green, mustard or orange are all colours from outside and will bring a strong sense of nature inside.

If using wallpaper, choose a large-patterned floral motif for an eye-popping surprise. Wallpapers are now much easier to remove than they used to be, so don't be afraid to get daring with pattern. When you tire of it just simply peel off and repaint the wall.

Incorporate worn-looking furnishings into the home

Bleached, limed and driftwood tones are all the rage. They can help lighten the dark brown tones that we've been decorating with over the past years.

A statement piece, such as a single dresser, a hallway bench or an end table, will work best in this finish. Choosing it for an entire dining set or living room case would be overkill for a trend that is only expected to hang around for three to four years.

Got an old, cheap mahogany antique that you're tired of?

Sand it then rub some grey latex paint into the exposed wood grains. Buff it with wax and you'll have the trendiest look of the season for furniture.

Create the smell of the garden

There's nothing more refreshing than opening the windows and getting a floral-filled breeze. But it doesn't look like that will be happening around the country anytime soon.

Create a garden of scent around your space with the new Crabtree & Eveyln Floral Fragrance Collection — an iris candle in the hallway, lavender candle in the bedroom, rose candle in the bath and a lily candle in the living room, and you'll experience a variety of garden floral scents that change from room to room.

Shine some light with rustic flair

Most people overlook outdoor pendant and wall lights as options for inside the home.

An exterior light can often add a more rustic or masculine option when decorating. And outdoor lighting is quite often priced less than indoor lighting.

Look for copper, zinc and natural metal finishes to help bring the outside in for spring. You can often find old outdoor lighting for sale at spring yard sales and flea markets.

Keep in mind most of it will need to be re-wired for safety and sometimes re-plated depending on the finish.

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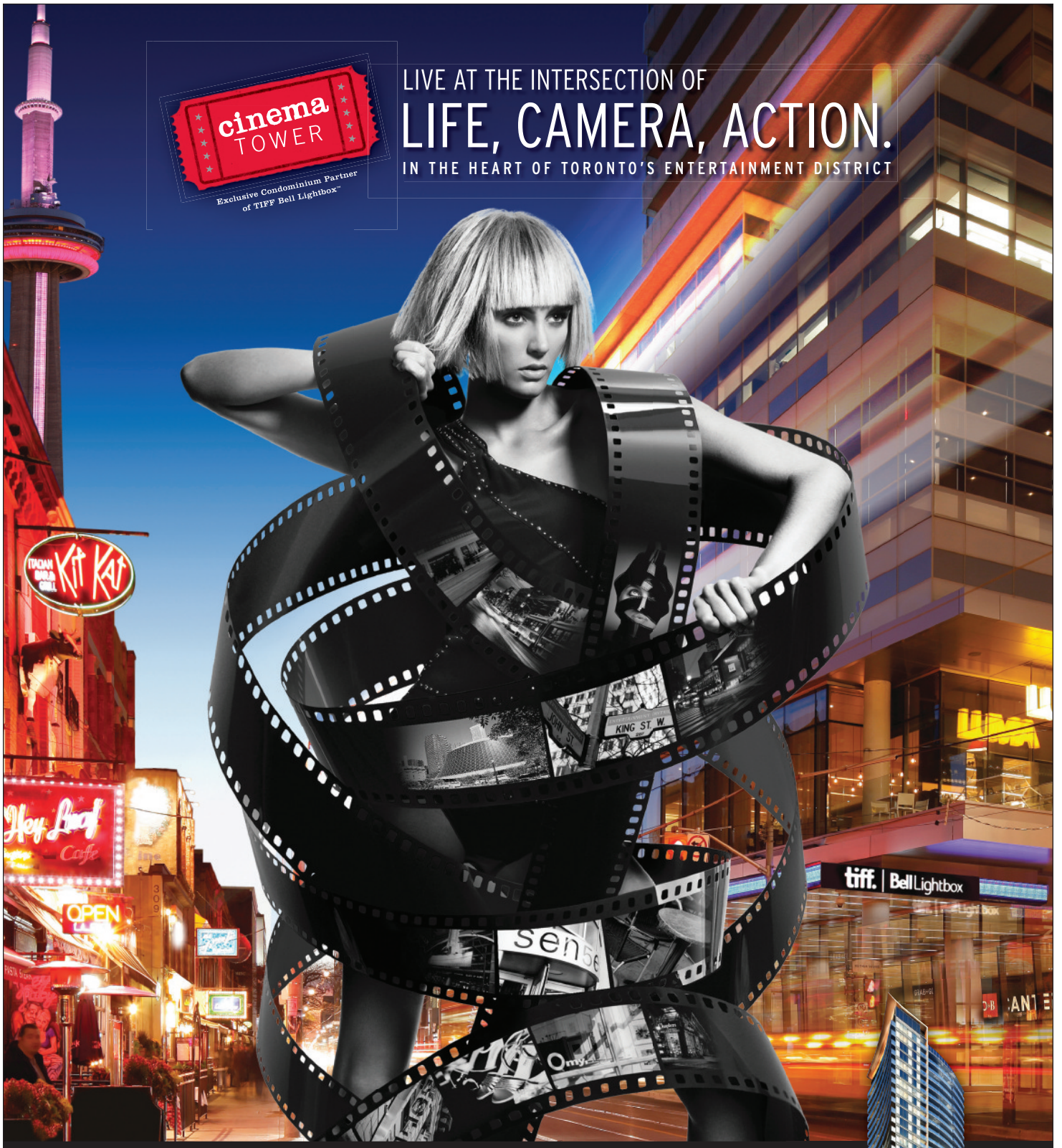

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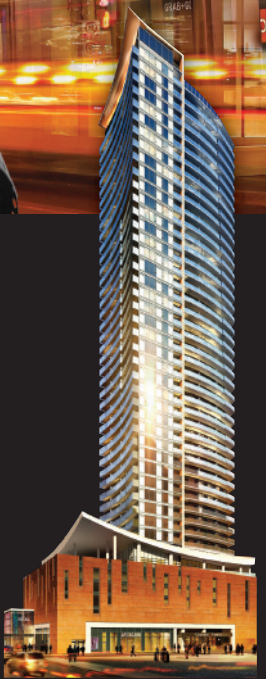

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Fun furniture

Every home — whether new or old — should contain these five standout conversation pieces

KARL LOHNES
HOMES@METRONEWS.CA

Whether you are moving to a new place or simply wanting to re-decorate, here are five must-have pieces of furniture for the home.

Slim mirrored console table
It is perfect to sit in front of a window and hold buffet lamps, behind a sofa to decorate an empty area, in a foyer as an entrance table to catch keys, or for use in a bedroom as a vanity table.

Upholstered suede storage ottoman
Add a tray, and it's a coffee table or use it as an extra "perch" to sit on in a small condo or at the end of the bed.

The 54-inch round, pedestal-based dining table (dark walnut stain)
Preferably with leaf extensions, this not-too-big dining table easily fits four to six people with the ability to extend to hold more guests when dining.
The round shape means no corners to deal with and a centre pedestal leg means no legs to get in the way to seating guests.

SUPPLIED

▶ An eight-by-10 foot rug is versatile enough to be used in most room sizes.

An 8x10 classic wool Persian-style area rug
The 8x10 foot area rug is the perfect size to hold itself in a large or small room. The Persian style tends to look best with many decor looks and is a classic design. If you buy a good quality rug, you will have it for life.

The Parson-style dining chair
The upholstered seat and back make it comfy enough to sit for long periods of time at the dining table. Choose a sophisticated looking (yet durable) fabric-like ultra suede or chenille so that the chairs look nice in other areas of the house.
The classic Parson chair can be used as extra seating in a living room or as a corner chair in the bedroom or bath. Stain the legs in a dark brown (not espresso!) so that they match other wood tones that you have in other furniture.

Furniture Q&A

Question
My wife likes traditional furniture and I like modern. What is the best way to blend the two?

Answer
It's nice to have an eclectic mix of either modern and traditional space. It adds interest and takes away from the predictability of a room looking like a furniture showroom. There is a rule to mixing and it is the 70/30 rule. I suggest looking at the architectural style of your home. If it is modern, 70 per cent of the decor becomes modern and vice versa.

Serve up new kitchen trends

KARL LOHNES
HOMES@METRONEWS.CA

The choices in kitchen appliances are better than ever. Multi-width fridges, drawer-style dishwashers and classic red Ferrari colours are hitting the appliance scene in a big way.

Touch Screens
Easy instructions and glass-touch screens make cooking easy.
Appliance featured: Jenn-Air 30-inch Pro-Style Electric Wall Oven with Convection ($4,799, Jenn-Air.ca).

Double-Duty
Large and small appliances are offering double-duty to save space in the kitchen.
Appliance featured: Frigidaire Freestanding Double Oven Range with stainless steel fingerprint coating ($2,099, fridgidairecanada.ca)

Variable Sizes
Sizes of appliance options offer custom kitchen use.
Appliance featured: Electrolux Under-Counter Refrigeration Drawers, ($2,199, electrolux.ca)

Fast and Eco
From steam ovens to super-efficient washers and dryers, appliances are using less energy.
Appliance featured: Whirlpool Duet Steam Washer and Dryer ($1,599 and $1,349 on Laundry Storage Pedestal, $210 each and optional Work surface, $269. whirlpoolappliances.ca).

Smaller Footprint
Counter appliances are taking on a smaller footprint to offer more valuable counter space.
Appliance featured: Nespresso Citiz Espresso Maker ($299, espresso.com).

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OUT OF COMMISSION

Legal Matters

JEFFREY COWAN
HOME@METRONEWS.CA

QUESTION: I sold my home yesterday and stopped by my lawyer's office to pick up a cheque for the proceeds from the sale. Looking at the math, I noticed that there was a shortfall from my calculations. I asked to see the lawyer and we sat down to review. We were able to determine that the shortfall was the result of the commission being held by the brokerage firm. My lawyer informed me that I needed to follow up with my real estate agent and I could obtain the balance of the deposit being held in trust by the broker. Why can't I just get the funds from my lawyer and be done with it?

With all due respect, the money that is being held by your realtor does not form part of the financial equation between you and your lawyer. The purchaser of your property submits a deposit to "firm up" the transaction. If this sum exceeds the amount of commission you have to pay for your agent's representation, the entire amount is held in trust by the broker until the transaction closes. Once this occurs, your lawyer will generally inform the broker of the closing and the balance of your funds will be available for pickup at the brokerage firm.

Although you are wondering why your lawyer doesn't refund you this amount, as explained he or she never has control of the deposit/commission on the sale of your home.

Hot home decor 2011

The key to success in introducing seasonal trends to your home's decor is start small and work with what your home already offers. Frank Turco, senior manager of trend and design, The Home Depot Canada, highlights this year's top trends and some simple ways to make them a part of your home's decor.

Black is back

Black and smoked finishes are back in kitchens, furniture, lighting fixtures and accessories. Whether replacing your old fridge with a sleek black one or simply opening up a space with glossy black-framed mirrors, throw a little black into the mix.

Private screening

Many of today's homes offer an open and airy layout concept, making room dividers an option to create some privacy where needed. Some stylish alternatives to the traditional include mirrors and drapery. If lack of storage is a factor, consider a shelving unit that is open on both sides so that various decor items, baskets and books can be stylishly stored while functionally working to divide a room.

NEWS CANADA

▶ Dark smokey features work in any room, including the bathroom.

Utilitarian

Military trends that have been so popular on fashion runways have also entered the home for 2011. Pairing industrial — style accessories such as the Progress Lighting's Brookside Collection Brushed Nickel 1 — light Mini Pendant with contemporary home decor can add a chic update.

New laundry

Laundry appliances have gone from functional to fashionable. With stainless steel finishes, advanced LED technology and silent load capabilities, appliances are being taken out of the back room and placed in kitchens to show them off and open closets for more accessible usage.

The Home office

Today's home offices are versatile in look, function, form and even location. When decorating the home office, think beyond the typical filing cabinets and look to incorporate floating shelves, brightly painted peg boards and even decorative light fixtures. If you are tight on space consider an office closet. Simply add shelving to create storage, a small desk and wall paper for a little decor.

For more tips and project ideas visit homedepot.ca/designcentre.

NEWS CANADA

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Simple bathroom makeovers

Giving your bathroom a fresh new look is not as hard as you may think And it doesn't have to cost much

DIY IDEAS

Believe it or not, home makeovers don't always have to require many tools and lots of man power.

In fact, to give your bathroom a fresh new look, you don't even need a big budget, just some inspiration and creativity.

DIY Network Canada's Bath Crashers (airing Tuesdays at 10 p.m. ET/PT) offers tips on simple bathroom makeovers.

Clean and Purge

The first step in giving your bathroom a fresh look is to take inventory of all your belongings and eliminate the excess. Removing clutter creates more space for reorganizing and decorating.

Make Room

If the sink is freestanding, create additional storage by fashioning a sink skirt. Measure the dimensions along the three sides of the sink that face outwards and the distance between the bottom of the sink and the floor.

Cut the measured dimensions out of a washable fabric.

Attach an adhesive Velcro to the inside of the sink and the top of the fabric.

Attach the fabric's Velcro to the sink's Velcro. The fabric adds to the decor of the room and creates a space to keep items tucked away and out of sight.

Personalized Shower Curtain

For many bathrooms, the shower curtain is the focal point of the room and replacing the shower curtain can immediately change the entire design.

Consider making one yourself to suit your personal style.

Measure the length and width of the current shower curtain and cut the dimensions out of the desired fabric.

Hold the fabric up to the current shower liner and use a fabric pen to mark where the shower ring holes are located.

Using fabric scissors, cut a slit in the fabric about an inch long.

Attach the new shower curtain and shower liner to the shower rings and enjoy the new, customized decor.

The Little Things

For a quick bathroom spruce up, consider small projects like removing outdated cabinet knobs and replacing them with new ones.

Also consider storing toiletries in colourful, plastic bins to give your space a splash of colour and replacing worn-out towels and bathmats to give the room a crisp, refreshed look.

COURTESY OF DIY NETWORK CANADA'S BATH CRASHERS, WHICH AIRS TUESDAYS AT 10 P.M. ET/PT

ISTOCK IMAGES PHOTO

▶ Shower curtains are important. For many bathrooms, the shower curtain is the focal point of the room.

Grow your own garden goodies

ISTOCK IMAGES

▶ A well-planned garden is well worth the work.

Spring is here — officially — so get your green thumb ready It's important to plan before you sow

Some things bear repeating: Plant vegetables.

The taste of fresh-picked beans, lettuce and tomatoes, grown from seeds of varieties bred for flavour rather than commercial appeal, will knock your socks off. Not to mention the satisfaction of doing "work" that puts food directly into your belly.

Planned correctly, the most basic vegetable garden takes little time or effort.

LOCATION, LOCATION

First, the site. For the plants' sake, full sun — at least six hours daily — and well-drained soil are a must. If water stays puddled on the ground more than a few hours after rain has stopped, roots will suffocate.

For your sake, locate the garden as close to your house as possible — ideally, no farther from your door than you can throw the kitchen sink. With the garden close by, you'll have no qualms about running out to grab another pepper for roasting or snipping some basil for a salad. You might even stop to pull a weed or two.

EASY BEGINNINGS

The traditional way to create the garden is to till the soil a couple of times, wait a couple of weeks, till again, wait again, and then plant in rows, between which you till or hoe through the season. All that takes time and effort.

The quickest and easiest way to start a garden is to merely smother the existing lawn or weeds. One reason most gardeners till is to aerate the soil, but your soil won't need aeration if you lay it out in permanent planting beds, each 90 centimetres wide, and paths, each 45 centimetres wide. Make a plan on paper, and keep the beds and paths in the same place year after year. Walk only on the paths; never set foot in a bed.

After you have mapped out your garden, search the Internet or Yellow Pages for local "Compost" and "Arborists." You want compost for the planting beds, and wood chips from an arborist for the paths between the beds. Plan on spreading an eight centimetre depth of either of these materials (about a cubic metre) for every 9.3 square metres needed.

Before you lay down the chips and compost, mow or knock down existing weeds or lawn, then smother them beneath paper. Use newspaper — black-and-white pages four sheets thick — or commercially available paper mulch, such as Horto Paper.

Wet the paper as you lay it down to soften it and keep it from blowing, and overlap the edges. Before the end of the season, the grass or weeds will be dead, and your plants' roots will have grown into and through the nearly decomposed paper.

The paper is needed only to start your garden, not in future years.

PLANT

Now plant, right into the compost. When planting in beds, space the plants closer together than usually recommended. You can crowd three or four rows down each bed because you'll be doing all your weeding and harvesting from the paths, rather than having to walk between the rows.

As soon as you lay down your compost, while the weather is cool, plant pea, radish and spinach seeds, onion sets, and small plants of broccoli, lettuce and parsley.

When the weather turns reliably warm, about when honeysuckle, wild cherry and locust trees bloom, set out tomato and pepper plants, and plant seeds of cucumbers and bush green beans. In early summer, make another planting of green beans and cucumbers, and in late summer, plan for fall by sowing lettuce again, along with beets and turnips.

Following this season's successes, you may be prompted to improve your garden next year, perhaps installing automatic, drip irrigation, perhaps starting some of your own transplants. This year, though, vow to weed. Just a few minutes a week is all the time needed, as long as you do it regularly.

THE ASSOCIATED PRESS

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A taste of the tropics

This chicken curry uses fruit to reduce heat & add a hint of sweetness

Bacon, Chard & Fontina Quiche

Ingredients:
- 1 refrigerated pie crust
- 4 slices bacon, chopped
- 1 bunch Swiss chard, tough stems removed, chopped
- 6 eggs
- 1 1/2 cups (375 mL) 10% half and half cream
- 1 tbsp (15 mL) thyme
- 1/2 tsp (2 mL) freshly ground black pepper
- 1/4 tsp (1 mL) salt
- 1 1/2 cups (375 mL) shredded fontina cheese

Preparation:

1. Line deep-dish pie plate with pie crust, crimping or trimming the edge. Place pan on baking sheet; set aside.
2. In skillet over medium-high heat, cook bacon until crispy. Add Swiss chard and cook until the chard is tender. Let cool for 10 minutes. Drain well pushing excess liquid from chard; place in bowl. Stir in cheese and place in pie crust.
3. In bowl, whisk eggs, cream, thyme, pepper and salt. Slowly pour into crust and gently stir to eliminate large clumps or air bubbles. Bake in 400 F (200 C) oven for 20 minutes.
4. Reduce heat to 325 F (160 C) and bake for 40 minutes or until centre is set and knife inserted comes out clean. Let cool before slicing.

THE ASSOCIATED PRESS
EMILY RICHARDS

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

Fruit is frequently used to help reduce heat in many curries. Serve this Tropical Chicken Curry over basmati rice.

Preparation:

1. In skillet heat oil over medium high heat. Add chicken and sprinkle with salt and pepper; cook, stirring for 5 minutes. Remove to plate. Add onion, red pepper and garlic to skillet and cook, stirring for 3 minutes or until softened. Add curry paste and cook, stirring for 1 minute. Add stock and bay leaf and bring to boil.
2. Meanwhile, peel and chop bananas into 1 inch (2.5 cm) chunks and add to skillet with chicken and simmer for about 5 minutes or until chicken is no longer pink inside. Add pineapple and stir to combine.
3. In small bowl, whisk together cornstarch and 1 tbsp (15 mL) of water. Add to skillet and stir to combine. Simmer 1 minute or until slightly thickened.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE ON EMILY, VISIT EMILYRICHARDSCOOK.CA

ISTOCK

▶ This Tropical Chicken Curry recipe makes four servings.

Ingredients:
- 1 tbsp (15 mL) vegetable oil
- 12 oz (375 g) boneless skinless chicken breasts, chopped
- 1/2 tsp (2 mL) pepper
- 1/4 tsp (1 mL) salt
- 1 onion, chopped
- 1 red pepper, chopped
- 2 cloves garlic, minced
- 1 tbsp (15 mL) mild curry paste or powder
- 1 1/2 cups (375 mL) chicken stock
- 1 bay leaf
- 3 firm ripe mini bananas
- 1 cup (250 mL) chopped fresh or canned pineapple
- 1 tbsp (15 mL) cornstarch

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New York City Victoria Day Weekend
Air + 3 Nights $829
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INCLUDES accom with views of St John's Narrows. Departs June 22/ggv/swg.

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INCLUDES 4-star accom & 2 rounds of golf. Departs May 9/ugv/ac.

Phoenix Air + 3 Nights + Golf $919
Gold Canyon Golf Resort + taxes & fees $133
INCLUDES accom, 1 round of golf per day & $10 food & beverage credit per night. Departs May 9/ugv/dl.

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Raps can't beat burned out Suns

SUNS	RAPTORS
114	106

Aaron Brooks energized the Suns with 25 points and a tired, ailing Phoenix team rallied from a 13-point third-quarter deficit to beat the Toronto Raptors 114-106 last night.

Brooks hit the biggest shot of the game, a three-pointer from the left corner with 54.9 seconds left to play that gave the Suns a 110-105 lead. It came after Phoenix grabbed the lead for good with 2:14 left, on a Jared Dudley's three-pointer.

The Suns, playing the second of back-to-back set games only about 20 hours after a triple-overtime road loss to the Los Angeles Lakers, struggled with their shooting until late in the game.

The Raptors went into halftime leading 61-55, but hit a cold spell in the second half with their shooting that allowed the Suns back into the game.

Andreas Bargnani's three at the 4:34 mark of the third quarter gave the Raptors their biggest lead of the night, 82-69.

But the Suns rallied behind Brooks, who scored the team's final nine points of the third quarter, including a layup off a steal just before the buzzer that tied the score at 86.

Bargnani finished with 27 points and DeMar DeRozan added 19 to lead the Raptors.

THE ASSOCIATED PRESS

PAUL CHIASSON/THE CANADIAN PRESS

▶ Montreal's Max Pacioretty is wheeled away on a stretcher after taking a hit from Boston's Zdeno Chara.

Crafting a crackdown

Next test for NHL on discipline comes in the off-season during board meetings ◐ Organizations could face escalating fines for player misdeeds

As the NHL looks to get tough on discipline, the next true test won't come when a player throws another wayward elbow or injures an opponent with a hit from behind.

It will happen far away from the ice, in a boardroom at a posh hotel, when the board of governors gather again in June.

That's when commissioner Gary Bettman plans to hold a discussion with league owners about fining organizations that consistently have players running afoul of the law. He first raised the idea during last week's GM meetings but it barely registered among other initiatives aimed at concussions.

In light of the stiff suspension given to Penguins agitator Matt Cooke this week — and questions about whether the league will continue to crack down — it's worth revisiting.

Bettman didn't outline his exact plans, but he is believed to be in favour of a tiered system with increasing fines. For example, an organization might be docked $250,000 US once its players have totalled 10 games in suspensions over a season and then face a stiffer financial penalty at 15 games, 20 games and so on.

"The current system punishes the offending player but does very little to deter such actions in the future."

MARIO LEMIEUX, IN A LETTER TO GARY BETTMAN DATED MARCH 7

The commissioner is also interested in looking at penalizing other members of an offending organization.

"If a player or players are subject to repeat disciplinary procedures that result in supplemental discipline, it will be the club, and perhaps the coach, that will be held responsible," Bettman said in Florida.

The reaction of owners to the idea will be telling. As much as league disciplinarian Colin Campbell has been criticized for being too lenient with suspensions, an often overlooked part of the process is the fact many owners haven't been keen on seeing their players forced to sit out long bans. THE CANADIAN PRESS

4 sports

Leafs preview

Leafs at Avalanche, 9 p.m.
TV: SNET-O
Radio: AM 640

Toronto (33-31-10) looks for its third straight win. The Leafs head into Denver following a 3-0 road win over Minnesota.

Colorado (28-36-8) snapped an eight-game home winless streak (0-7-1) with a 5-4 shootout victory over Columbus Tuesday night.

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Farrell has Jays' attention

Manager's background in player development could help young squad

Before spring training had even begun, new Toronto Blue Jays manager John Farrell had talked to each player on his 40-man roster.

Farrell felt it was important to begin building relationships through "consistency and trust" and before the pressures of the regular season begin.

"Because there's going to come a time when that conversation isn't the pleasant one ... it's important to build that trust so that when you do have something to say to an individual, then it means something," Farrell said.

It's a process that has continued throughout spring training. The response from players has been positive so far.

"He handles himself like a professional out there," said left-hander Ricky Romero. "He's very approachable. I don't think one guy in the clubhouse has anything to complain about him. He's been awesome with us."

Farrell, 48, comes to the Blue Jays after four years as the Boston Red Sox pitching coach. In the five previous years, he was director of player development for the Cleveland Indians, for whom he did most of his major league pitching.

Farrell has never managed a team before, but said he learned a lot from Red Sox manager Terry Francona.

"He comes across as a baseball man ... he was somebody you enjoyed being around talking baseball."
JAYS INFIELDER JOHN MCDONALD ON MANAGER JOHN FARRELL

"Tito (Francona) taught me a lot as far as dealing with the different personalities and the consistency with which he dealt with them," Farrell said. "A lot of his work was done behind the scenes. And he handled people exceptionally well to get the most out of them. Players would run through a wall for him."

The Blue Jays led the major leagues with 257 home runs last season and Farrell doesn't dismiss the long ball's value. But he does want to take advantage of other opportunities.

He has allowed his players to be aggressive on the bases at spring training and hasn't worried about whether they break some of the fundamental rules, such as not making the first and last out at third base.

"Ultimately, that's what it is, play the game, be aware of the situation that is presenting itself and look to take advantage of the opportunities," said Farrell.
THE CANADIAN PRESS

BY AL MESSERSCHMIDT/GETTY IMAGES

▶ Toronto Blue Jays manager John Farrell.

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TORONTO BLUE JAYS

Morrow to sit out as caution

The Jays expect Brandon Morrow to miss one start in the regular season because of right forearm inflammation.

The right-hander felt he could make his scheduled first start of the season April 2 against the Minnesota Twins in Toronto, but the club decided to be cautious with the potential ace.

He has had an excellent spring training with a 2-0 record and a 0.75 earned-run average in three starts.

"We're being extra cautious," general manager Alex Anthopoulos said yesterday. "He is adamant that he can go, but we just want to let everything calm down for four or five days.

"Why try to rush when it's only one start?"
THE ASSOCIATED PRESS

Ochocinco gets MLS tryout

Switching to soccer from football won't be easy for Chad Ochocinco, if it happens at all.

Locked out of his day job, Ochocinco opened a four-day tryout with Sporting Kansas City yesterday. By the end of his first day with the Major League Soccer team the star Cincinnati Bengals receiver was panting for breath.

"Exactly what I expected," Ochocinco said. "I would be a little winded being that I haven't ran at this pace or this level since the end of our season of football.

"It was fun. I didn't expect to come in here and be Superman."

Ochocinco plans to go through with the tryout, and, if possible, join the team. The spotlight-hungry player insisted he was motivated by love for a sport that was actually his first choice until his grandmother persuaded him to focus on football after the 10th grade.

"I would play for free," he said.

Ochocinco worked out with more than 40 media representatives lining the practice field, roughly 10 times the number that normally show up midweek.

His athleticism was obvious and so was his rust after being away from the game since 1994.

"The time I've had off from the game of this football has been a very long time," he said. "There's no way I can make up that ground, the years I've been away from the game.

"But I do have a love for it."

With the NFL in a lockout, Ochocinco has said now is a good time to check into another sport. Sporting Kansas City coach Peter Vermes said he used the practice to help Ochocinco get acclimated.

"He was a little bit hesitant early on, a little bit tentative," said Vermes.

"You can see he's very coachable. I wouldn't try to make any determinations at this point."

Vermes knows many people will view the tryout as a publicity stunt, either by Ochocinco or the team.

"I've said this before — I've always considered it from the very beginning to be a long shot. But I can tell you this, we bring trialists in all the time," Vermes said.

"To be frank, they're always long shots.

"But we also bring guys in with much lesser physical tools than he has and they get trials with us as well. It's very normal in our sport to do this. It's just different because it's a guy who's coming from the NFL. I did not want it to be a media thing for him. He said it wasn't."
THE ASSOCIATED PRESS

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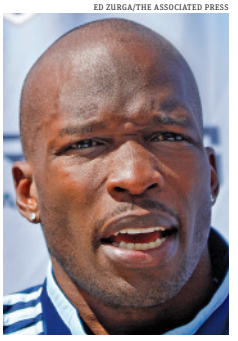

"It was fun. I didn't expect to come in here and be Superman."
CHAD OCHOCINCO, ON TRYOUT WITH MLS TEAM SPORTING KANSAS CITY

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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
dx-Philadelphia	72	44	19	4	5	232	195	97	21-10-2-3	23-9-2-2	4-3-1-2	L1
dx-Washington	74	43	21	5	5	203	180	96	22-8-2-5	21-13-3-0	9-1-0-0	W2
d-Boston	72	40	22	5	5	217	176	90	17-12-3-2	23-10-2-3	4-3-3-0	W1
Pittsburgh	73	42	23	5	3	213	181	92	22-13-2-0	20-10-3-3	6-2-2-0	W1
Tampa Bay	73	39	23	5	6	216	222	89	22-10-1-4	17-13-4-2	2-4-2-2	L3
Montreal	74	40	27	4	3	200	187	87	22-10-3-3	18-17-1-0	6-4-0-0	L1
NY Rangers	74	40	30	2	2	216	179	84	18-16-1-2	22-14-1-0	7-3-0-0	W5
Buffalo	73	36	28	8	1	216	208	81	16-16-3-1	20-12-5-0	6-3-1-0	W1
Carolina	73	34	29	5	5	205	217	78	20-12-2-2	14-17-3-3	5-4-1-0	W2
Toronto	74	33	31	5	5	195	225	76	17-14-3-4	16-17-2-1	5-4-1-0	W2
Atlanta	72	30	30	5	7	202	238	72	16-14-2-5	14-16-3-2	5-4-1-0	L1
New Jersey	73	34	35	3	1	155	186	72	18-15-2-1	16-20-0-1	6-4-0-0	L1
NY Islanders	74	29	33	7	5	208	235	70	16-15-1-4	13-18-6-1	6-1-2-1	W2
Florida	74	29	35	5	5	182	203	68	15-15-4-4	14-20-1-1	3-4-2-1	L3
Ottawa	73	27	37	5	4	167	227	63	13-19-2-3	14-18-3-1	6-4-0-0	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
y-Vancouver	74	48	17	4	5	240	173	105	25-8-1-4	23-9-3-1	8-2-0-0	W1
d-Detroit	74	43	22	5	4	238	211	95	19-12-3-2	24-10-2-2	4-4-1-1	L3
d-San Jose	73	42	23	4	4	211	191	92	20-11-2-3	22-12-2-1	6-2-0-2	W3
Phoenix	75	40	24	7	4	215	208	91	18-12-4-2	22-12-3-2	7-2-1-0	W1
Los Angeles	73	41	26	4	2	199	177	88	21-12-3-0	20-14-1-2	6-2-2-0	W1
Chicago	73	40	25	3	5	238	202	88	23-14-0-0	17-11-4-4	6-2-1-1	W2
Nashville	74	39	25	6	4	193	173	88	20-8-4-3	19-17-2-1	7-2-1-0	W4
Anaheim	73	41	27	3	2	208	211	87	23-12-1-1	18-15-2-1	8-2-0-0	W4
Dallas	73	38	25	4	6	206	206	86	20-11-3-5	18-14-1-1	4-2-3-1	L2
Calgary	75	37	27	4	7	227	216	85	22-12-1-3	15-15-3-4	4-4-1-1	L2
Minnesota	74	35	31	3	5	185	207	78	17-15-2-3	18-16-1-2	2-6-2-0	L7
Columbus	73	33	29	4	7	199	223	77	16-16-1-3	17-13-3-4	2-4-1-3	L2
St. Louis	73	32	32	4	5	202	216	73	20-12-1-3	12-20-3-2	4-6-0-0	L3
Colorado	72	28	36	7	1	203	254	64	15-17-4-0	13-19-3-1	2-7-0-1	W2
Edmonton	73	23	40	2	8	176	240	56	12-20-1-4	11-20-2-3	3-5-1-1	L7

x — clinched playoff berth; y — clinched division title; d — division leaders; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL or SOL columns.

Last night's results
Vancouver 2 Detroit 1
Anaheim 4 Dallas 3 (OT)
Chicago 4 Florida 0
Calgary at San Jose
Tuesday's results
Toronto 3 Minnesota 0
Nashville 3 Edmonton 1
Carolina 4 Ottawa 3
Buffalo 2 Montreal 0
Colorado 5 Columbus 4 (SO)
N.Y. Rangers 1 Florida 0
Boston 4 New Jersey 1
Washington 5 Philadelphia 4 (SO)
N.Y. Islanders 5 Tampa Bay 2
Phoenix 2 St. Louis 1

Tonight's games
Montreal at Boston, 7 p.m.
Atlanta at N.Y. Islanders, 7 p.m.
Ottawa at N.Y. Rangers, 7 p.m.
Pittsburgh at Philadelphia, 7 p.m.
Edmonton at St. Louis, 8 p.m.
Anaheim at Nashville, 8 p.m.
Toronto at Colorado, 9 p.m.
Columbus at Phoenix, 10 p.m.
San Jose at Los Angeles, 10:30 p.m.
Tomorrow's games
All times Eastern
New Jersey at Pittsburgh, 7 p.m.
Florida at Buffalo, 7:30 p.m.
Washington at Ottawa, 7:30 p.m.
Vancouver at Atlanta, 7:30 p.m.
Carolina at Tampa Bay, 7:30 p.m.

CANUCKS 2, RED WINGS 1

First Period — No Scoring.
Penalties — Eaves Det (interference) 12:45, D.Sedin Vcr (hooking) 14:28.
Second Period
1. Vancouver, D.Sedin 39 (H.Sedin, Hamhuis) 6:31
Penalties — Kesler Vcr (tripping) 19:05, Hamhuis Vcr (roughing), Holmstrom Det (holding) 19:23.
Third Period
2. Vancouver, D.Sedin 40 (H.Sedin, Kesler) 9:29 (pp)
3. Detroit, Hudler 9 (Lidstrom, Cleary) 11:38 (pp)
Penalties — Eaves Det (high-sticking) 8:47, Raymond Vcr (hooking) 10:56, Holmstrom Det (interference) 19:59.
Shots

Vancouver	5	20	8	—33
Detroit	11	12	17	—40

Goal — Vancouver: Luongo (W,34-14-7); Detroit: Howard (L,34-15-5). **Power plays (goals-chances)** — Vancouver: 1-3; Detroit: 1-3.
Referees — Eric Furlatt, Don Van Massenhoven. **Linesmen** — Vaughan Rody, Anthony Sericolo.
Att. — 20,066 (20,066) at Detroit.

TUESDAY

MAPLE LEAFS 3, WILD 0

First Period
1. Toronto, Lupul 10 (Bozak, Kessel) 1:39
Penalties — Nystrom Min (goaltender interference) 4:01, Cullen Min (boarding) 12:21, Brent Tor (interference) 13:06, Bouchard Min (tripping) 18:20.
Second Period
2. Toronto, Grabovski 28 (MacArthur, Kulemin) 11:20
Penalties — Gunnarsson Tor (tripping) 1:12, Brunette Min (hooking) 2:07, Stoner Min (cross-checking) 4:04, Schenn Tor (hooking) 7:04, Kadri Tor (tripping) 13:18.
Third Period
3. Toronto, Gunnarsson 4 (Grabovski, Kulemin) 2:13 (pp)
Penalties — Koivu Min (high-sticking) 1:35, Aulie Tor (interference) 7:06, Grabovski Tor (slashing), Zanon Min (roughing) 15:39, Aulie Tor (high-sticking) 17:14, Lashoff Tor (cross-checking) 19:21.
Shots

Toronto	8	3	6	—17
Minnesota	7	11	11	—29

Goal — Toronto: Reimer (W,16-7-4); Minnesota: Backstrom (L,21-20-5). **Power plays (goals-chances)** — Toronto: 1-6; Minnesota: 0-7.
Referees — Brad Meier, Dean Morton. **Linesmen** — Brian Mach, Darren Gibbs.
Att. — 18,761 (18,064) at St. Paul, Minn.

PREDATORS 3, OILERS 1

First Period
1. Nashville, Erat 15 (Ward, Legwand) 4:08
2. Nashville, Hornqvist 19 (Kostitsyn, Suter) 7:40 (pp)
Penalty — Foster Edm (tripping) 7:06.
Second Period
3. Nashville, Legwand 14 (Suter, Weber) 7:00
4. Edmonton, Eberle 17 (Cogliano, Vandermeer) 9:38 (pp)
Penalties — Kostitsyn Nash (tripping) 8:45, Franson Nash (interference) 11:49.
Third Period — No Scoring.
Penalties — Peckham Edm (tripping) 4:39, O'-Marra Edm (hooking) 10:53, Fisher Nash (tripping) 15:15.
Shots

Edmonton	5	7	8	—20
Nashville	15	5	10	—30

Goal — Edmonton: Dubnyk (L,10-12-7); Nashville: Rinne (W,28-20-8). **Power plays (goals-chances)** — Edmonton: 1-3; Nashville: 1-3.
Referees — Stephane Auger, Eric Furlatt.
Linesmen — Mark Wheler, Brad Kovachik.
Att. — 15,745 (17,113) at Nashville.

HURRICANES 4, SENATORS 3

First Period
1. Ottawa, Greening 3 (Spezza, Butler) 7:56
2. Ottawa, Svatos 2 (Condra, Hale) 13:40
3. Carolina, Ruutu 18 (Jokinen, Skinner) 14:07
4. Carolina, LaRose 14 (Pitkanen) 14:32
Penalties — Karlsson Ott (interference) 3:02, Stillman Car (goaltender interference) 3:58, Corvo Car (hooking) 18:32, Kuba Ott (interference) 18:51, Pitkanen Car (roughing) 19:54.
Second Period
5. Carolina, LaRose 15 (Bra.Sutter, Gleason) 18:17
Penalties — Z.Smith Ott (tripping) 5:33, Neil Ott (roughing) 8:33, Allen Car (tripping) 13:36.
Third Period
6. Carolina, Stillman 10 (E.Staal, Cole) 6:04
7. Ottawa, Karlsson 13 (Spezza, Foligno) 14:16
Penalties — None.
Shots

Ottawa	11	18	10	—39
Carolina	7	11	6	—24

Goal — Ottawa: McElhinney (L,9-11-1); Carolina: Ward (W,31-24-9). **Power plays (goals-chances)** — Ottawa: 0-4; Carolina: 0-3.
Referees — Ghislain Hebert, Kelly Sutherland. **Linesmen** — Andy McElman, Scott Cherrey.
Att. — 16,189 (18,680) at Raleigh, N.C.

CRICKET

WORLD CUP

QUARTER-FINALS

Yesterday's result
At Dhaka, Bangladesh
Pakistan (113, without loss) def. West Indies (112, all out) by 10 wickets.
Today's match
At Ahmadabad, India
India vs. Australia
Tomorrow's match
At Dhaka, Bangladesh
South Africa vs. New Zealand
Saturday's match
At Colombo, Sri Lanka
Sri Lanka vs. England

BASKETBALL

NCAA TOURNAMENT

All times Eastern

Regional Semifinals

EAST REGION
Tomorrow's games
North Carolina (28-7) vs. Marquette (22-14), 7 p.m.
Ohio State (34-2) vs. Kentucky (27-8), 9:30 p.m.
SOUTHEAST REGION
Tonight's games
Florida (28-7) vs. BYU (32-4), 7:15 pm
Butler (25-9) vs. Wisconsin (25-8), 9:55 pm
SOUTHWEST REGION
Tomorrow's games
Kansas (34-2) vs. Richmond (29-7), 7:15 pm
Florida State (23-10) vs. Virginia Commonwealth (26-11), 9:55 p.m.
WEST REGION
Tonight's games
San Diego State (34-2) vs. Connecticut (28-9), 7 p.m.
Duke (32-4) vs. Arizona (29-7), 9:30 pm

MLB

SPRING TRAINING

Yesterday's results
N.Y. Yankees 5 Toronto 3
Minnesota 5 Baltimore 2
Houston 10, Pittsburgh 6
St. Louis 5, N.Y. Mets 3
Tampa Bay 4, Philadelphia 1
San Diego 10 Cincinnati 7
Atlanta 4, Florida 4, tie, 11 innings
Chicago Cubs 3, Oakland 1
Arizona 9 Texas 8
Cleveland 8 Kansas City 7
L.A. Dodgers 6 CWS 2
L.A. Angels 8 San Francisco 0
Seattle vs. Colorado
Today's games
All times Eastern
Atl. v Tor. at Dunedin, Fla., 1:05 pm
Min. v Phil. at Clearwater, Fla., 1:05 pm
Bos. v Fla. at Jupiter, Fla., 1:05 pm
TB v Hou. at Kissimmee, Fla., 1:05 pm
StL v NYM at Port St. Lucie, Fla., 1:10 pm
Tex. (ss) v Cin. at Goodyear, Ariz., 4:05 pm
Col. v LAD at Glendale, Ariz., 4:05 pm
Mil. v LAA at Tempe, Ariz., 4:05 pm
KC v Sea. at Peoria, Ariz., 4:05 pm
Oak. v Arz. at Scottsdale, Ariz., 4:10 pm
CWS v CC at Mesa, Ariz., 5:05 p.m.
Wash. v Det. at Lakeland, Fla., 6:05 pm
Pitt. v Balt. at Sarasota, Fla., 7:05 pm
SD v Tex. (ss) at Surprise, Ariz., 9:05 pm
Cle. v SF at Scottsdale, Ariz., 10:05 pm

CURLING

WOMEN'S WORLD CHAMPIONSHIP

At Esbjerg, Denmark

Country (skip)	W	L
Sweden (Norberg)	8	1
China (B.Wang)	6	3
Denmark (Nielsen)	6	3
Russia (Privivkova)	6	3
Canada (Holland)	**5**	**4**
Switzerland (Ott)	5	4
Germany (A.Schopp)	4	5
U.S. (Lank)	4	5
Norway (Githmark)	3	6
Scotland (Sloan)	3	6
Czech Rep. (Kubekova)	2	7
South Korea (Kim)	2	7

Yesterday's results
Draw 12
Russia 5 Germany 3
Denmark 7 South Korea 4
Sweden 9 Switzerland 8
U.S. 6 Norway 5
Draw 13
Canada 7 Switzerland 4
China 14 U.S. 3
Russia 12 Czech Republic 3
South Korea 9 Scotland 3
Draw 14
Sweden 5 **Canada 4.**
China 6 Norway 4
Denmark 12 Scotland 5
Germany 7 Czech Republic 3
Today's games
Draw 15
Czech Republic vs. U.S.; South Korea vs. **Canada**; Switzerland vs. Scotland; China vs. Russia.
Draw 16
Denmark vs. China; Scotland vs. Norway; **Canada** vs. Germany; Czech Rep. vs. Sweden.
Draw 17
Switzerland vs. Norway; Russia vs. Denmark; Sweden vs. U.S.; Germany vs. South Korea.

CYCLING

VOLTA OF CATALUNYA

At Vallnord, Andorra
Third stage
1. Alberto Contador, Spn., Saxo Bank-SunGard, 4 hr 45 min 31 sec; 2. Michele Scarponi, Ita., Lampre, 23 sec beh; 3. Levi Leipheimer, US, RadioShack, same time

TENNIS

ATP-WTA SONY ERICSSON OPEN

At Key Biscayne, Fla.
Men Singles — First Round
Ivan Dodig, Croatia, def. Andrey Golubev, Kazakhstan, 6-7 (7), 6-4, 6-0.
Mikhail Kukushkin, Kazakhstan, def. Jarkko Nieminen, Finland, 3-6, 6-3, 6-2.
Pablo Andujar, Spain, def. Bernard Tomic, Australia, 6-4, 3-6, 7-5.
Kevin Anderson, South Africa, def. Nikolay Davydenko, Russia, 6-4, 6-3.
Julien Benneteau, France, def. Daniel Gimeno-Traver, Spain, 6-4, 6-3.
Marcel Granollers, Spain, def. Benjamin Becker, Germany, 6-4, 6-7 (4), 6-4.
Paolo Lorenzi, Italy, def. Ivan Ljubicic, Croatia, 7-6 (7), 6-1.
Xavier Malisse, Belgium, def. Ryan Sweeting, U.S., 7-6 (3), 6-4.
Somdev Devvarman, India, def. Potito Starace, Italy, 6-2, 6-4.
Alex Bogomolov, Jr., U.S., def. Victor Hanescu, Romania, 6-3, 4-6, 7-5.
Marsel Ilhan, Turkey, def. Tobias Kamke, Germany, 6-2, 6-1.
Juan Martin del Potro, Argentina, def. Ricardo Mello, Brazil, 6-4, 6-4.
Igor Andreev, Russia, def. Santiago Giraldo, Colombia, 6-1, 2-6, 6-1.
Denis Istomin, Uzbekistan, def. Donald Young, U.S., 6-4, 6-3.
Igor Kunitsyn, Russia, def. Robert Kendrick, U.S., 5-4, retired.
Women's Singles — First Round
Bethanie Mattek-Sands, U.S., def. Sofia Arvidsson, Sweden, 6-1, 6-4.
Peng Shuai, China, def. Greta Arn, Hungary, 6-1, 6-2.
Chanelle Scheepers, South Africa, def. Polona Hercog, Slovenia, 5-7, 7-5, 6-2.
Yaroslava Shvedova, Kazakhstan, def. Sara Errani, Italy, 6-3, 5-7, 7-6 (5).
Varvara Lepchenko, U.S., def. CoCo Vandeweghe, U.S., 6-2, 6-3.
Julie Hampton, U.S., def. Ajla Tomljanovic, Croatia, 3-6, 7-5, 6-0.
Elena Vesnina, Russia, def. Gisela Dulko, Argentina, 6-1, 6-3.
Anabel Medina Garrigues, Spain, def. Ksenia Pervak, Russia, 6-1, 6-2.
Kimiko Date-Krumm, Japan, def. Zuzana Ondraskova, Czech Republic, 6-4, 6-3.
Agnes Szavay, Hungary, def. Zhang Shuai, China, 2-6, 6-3, 6-2.
Virginie Razzano, France, def. Alize Cornet, France, 6-3, 6-1.
Sania Mirza, India, def. Arantxa Parra Santonja, Spain, 6-2, 6-4.

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
x-Toronto	11	9	2	.818	132	101	—
Buffalo	10	7	3	.700	110	93	1½
Boston	11	6	5	.545	117	102	3
Rochester	10	5	5	.500	93	107	3½
Philadelphia	11	4	7	.364	99	125	5

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
x-Calgary	11	8	3	.727	140	123	—
Minnesota	9	5	4	.556	102	98	2
Washington	11	5	6	.455	146	135	3
Edmonton	11	2	9	.182	117	147	6
Colorado	9	1	8	.111	80	105	6

x – clinched playoff berth.
WEEK 12
Tomorrow's games
All times Eastern
Minnesota at Edmonton, 9 p.m.
Toronto at Calgary, 9:30 p.m.
Boston at Washington, 11 p.m.
Saturday's games
Philadelphia at Rochester, 7:35 p.m.
Boston at Colorado, 9 p.m.
Sunday's game
Buffalo at Minnesota, 5 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
y-Chicago	51	19	.729	—
y-Boston	50	20	.714	1
x-Miami	49	22	.690	2½
x-Orlando	46	26	.639	6
Atlanta	40	32	.556	12
Philadelphia	37	34	.521	14½
New York	35	36	.493	16½
Indiana	32	40	.444	20
Milwaukee	28	42	.400	23
Charlotte	28	42	.400	23
Detroit	25	46	.352	26½
New Jersey	23	47	.329	28
Toronto	20	51	.282	31½
Washington	17	52	.246	33½
Cleveland	13	57	.186	38

WESTERN CONFERENCE

	W	L	Pct	GB
x-San Antonio	57	13	.814	—
y-L.A. Lakers	51	20	.718	6½
x-Dallas	49	21	.700	8
d-Oklahoma City	46	24	.657	11
Denver	42	29	.592	15½
Portland	41	30	.577	16½
New Orleans	40	31	.563	17½
Memphis	40	32	.556	18
Houston	38	34	.528	20
Phoenix	36	34	.514	21
Utah	36	36	.500	22
Golden State	30	42	.417	28
L.A. Clippers	27	44	.380	30½
Sacramento	18	52	.257	39
Minnesota	17	54	.239	40½

d – division leader; **x** — clinched playoff berth; **y** — clinched division.

Last night's results
Philadelphia 105, Atlanta 100
Indiana 111, Charlotte 88
New Jersey 98, Cleveland 94 (OT)
Memphis 90, Boston 87
Miami 100, Detroit 94
Sacramento 97, Milwaukee 90
Oklahoma City 106, Utah 94
Orlando 111, New York 99
Houston 131, Golden State 112
Phoenix 114 Toronto 106
Washington at L.A. Clippers
San Antonio at Denver
Tuesday's results
Chicago 114 Atlanta 81
Portland 111 Washington 76
L.A. Lakers 139 Phoenix 137 (3OT)
Tonight's games
All times Eastern
Minnesota at Dallas, 8:30 p.m.
New Orleans at Utah, 9 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
D.C. United	1	1	0	0	3	1	3
Kansas City	1	1	0	0	3	2	3
New York	1	1	0	0	1	0	3
Philadelphia	1	1	0	0	1	0	3
Chicago	1	0	0	1	1	1	1
New England	1	0	0	1	1	1	1
Toronto	1	0	1	0	2	4	0
Columbus	1	0	1	0	1	3	0
Houston	1	0	1	0	0	1	0

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	2	1	0	1	2	1	4
Vancouver	1	1	0	0	4	2	3
Colorado	1	1	0	0	3	1	3
Real Salt Lake	1	1	0	0	1	0	3
Dallas	1	0	0	1	1	1	1
Chivas USA	1	0	1	0	2	3	0
Portland	1	0	1	0	1	3	0
San Jose	1	0	1	0	0	1	0
Seattle	2	0	2	0	0	2	0

Note: 3 points for victory, 1 point for tie.
Tomorrow's game
All times Eastern
Houston at Seattle, 10 p.m.
Saturday's games
Portland at Toronto, 2 p.m.
New York at Columbus, 4 p.m.
Kansas City at Chicago, 4 p.m.
Vancouver at Philadelphia, 4 p.m.
D.C. United at New England, 4:30 p.m.
Los Angeles at Real Salt Lake, 9 p.m.
San Jose at Dallas, 9 p.m.
Colorado at Chivas USA, 10:30 p.m.

Grudge match

Habs 'jacked up' for first tilt with Bruins since Chara knocked out Pacioretty Best revenge would be beating division rival, player says

The Montreal Canadiens insist the sweetest way to avenge sidelined teammate Max Pacioretty is to snatch the Northeast Division title from the Boston Bruins.

And tonight offers a golden opportunity for Montreal to narrow the gap against their hated rivals.

It will also be the much-anticipated first tilt between the clubs since Bruins captain Zdeno Chara slammed Pacioretty in a violent hit that shook the hockey world.

"If you ask Patch, the biggest thing right now is for us to win," Canadiens forward Ryan White said of his injured teammate yesterday after practice. "We've given ourselves an opportunity to catch these guys and tomorrow's a big four-point night."

The Canadiens (40-27-7) trail Boston (40-22-10) by three points in the race for the division lead, with the Bruins holding two games in hand.

White admits Pacioretty, who suffered a severe concussion and fractured vertebra from the Chara hit, will be on the players' minds.

But that doesn't mean they're planning to do anything "stupid" to exact revenge, he added.

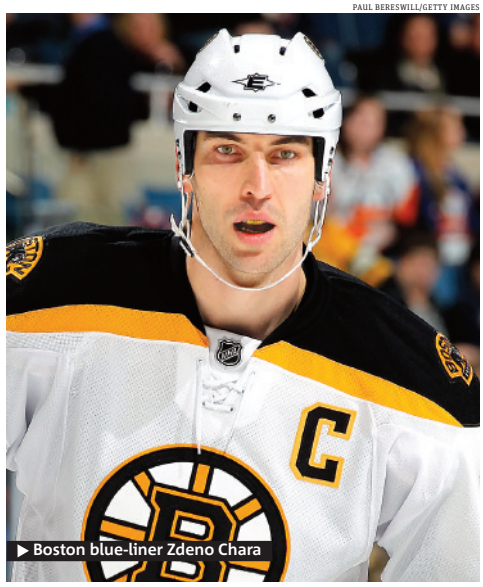
Still, if knuckles start flying, White insisted Montreal will be ready.

"We're going to be jacked up," said White, one of the Canadiens' tougher players and a guy who has shown that he's willing to throw his fists. "I know what I have to do to help this team win."

The Chara hit has also injected even more hatred into the long-running rivalry, which saw the Bruins win 8-6 in a brawl-filled game Feb. 9 — the last time the clubs met in Boston.

THE CANADIAN PRESS

PAUL BERESWILL/GETTY IMAGES



▶ Boston blue-liner Zdeno Chara

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Personals

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ANNOUNCEMENTS

Community Events

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More than $10,000 in Auction, Raffle & Door Prizes, Photo Exhibit and Live Music from Parks & Rec & Human Bodies
www.boardersagainstbreastcancer.org
$25 at the door. All proceeds for CBCF

EMOTIONAL FIRST AID
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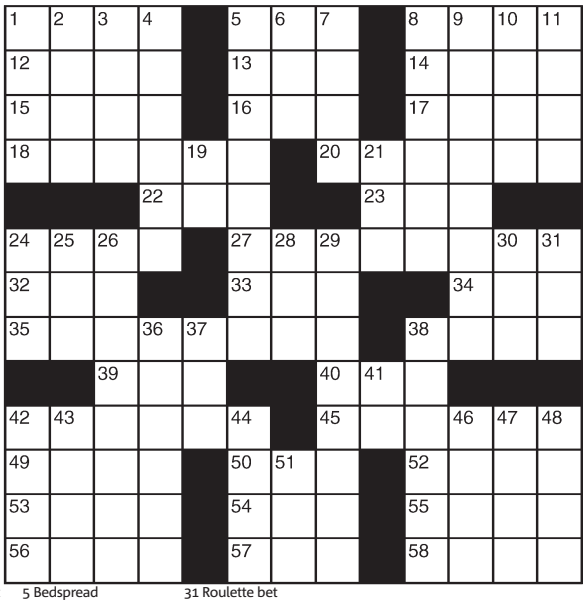
Crossword



Across

1 Napoleon's exile site
5 Weep
8 A really long time
12 48-Down refrain
13 Discoverer's call
14 Horseback game
15 One-on-one fight
16 Solemn promise
17 Elliptical
18 Tried hard
20 "MythBusters" fodder
22 Kids' card game
23 Sun. speech
24 Swabs the deck
27 Thief
32 Tavern
33 Prior to
34 Have debts
35 Scented
38 Raised
39 Book-spine abbr.
40 Inseparable
42 Everest guide
45 Whirlpool
49 Iowa crop
50 Formerly named
52 Barbershop request
53 "Mamma Mia!" inspiration
54 Blunder
55 Circle dance
56 Asking too many questions
57 Existed
58 Dumbfounds

Down

1 Odds' mates
2 Lummox
3 "Cheers" order
4 Lets
5 Bedspread
6 Pi follower
7 Loud, mournful cry
8 Far point in an orbit
9 Head of state?
10 Verve
11 Auctioneer's call
19 Richmond's st.
21 Computer key
24 Biz deg.
25 Rowing need
26 Book before Ecclesiastes
28 "Entourage" role
29 Gets better
30 Ram's mate
31 Roulette bet
36 Cheesy cream sauce
37 Matterhorn, for one
38 "Big" name in World War I
41 "Forget it!"
42 Read bar codes
43 Vagrant
44 From the top
46 Think, old-style
47 Ireland
48 Yuletide
51 Historic time

▶ Yesterday's answer

Sudoku

9								4
	7	6				3	8	
			4	2	6			
		7	6	3	1	2		
3	1						6	7
		4	7	5	2	1		
			2	9	8			
	3	9				8	7	
6								1

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

1	6	3	4	5	2	7	9	8
4	7	2	9	8	3	6	1	5
5	9	8	1	7	6	3	4	2
8	3	9	2	6	7	1	5	4
6	5	1	8	4	9	2	7	3
2	4	7	3	1	5	8	6	9
9	8	4	7	3	1	5	2	6
3	1	6	5	2	4	9	8	7
7	2	5	6	9	8	4	3	1

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

ECS, you've been my best friend for more than three years now, so it's about time I asked: Do you want to go out with me? **MJS**

Happy 27th Birthday, Mike! Your 'special' year is over, but this year will be even better! I can't wait to do all of our special things together. I hope u have an amazing birthday! **LOVE, ASHLEY**

TM, you have made me the happiest girl. These past couple of months have been amazing, and I have you to thank for it. I have fallen for you. **LOVE RASH XO**

Peter, It has been a whole year since our break up, and i guess it took both of us this time to see that we had something special. I am really happy for us to start over again, this time to make it last forever. with all of my love **TAMMY XOXO**

Today -1°/-11° Sunny
Friday -3°/-8° Sunny
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 It's not like you to worry about things over which you have no control, so why start now? Whatever the reason you, must get over it because the Sun in your sign promises wonderful opportunities.

♉ Taurus April 21-May 21 You seem torn between doubling your efforts to reach your goal and giving up on it. But why should it be one or the other? Look for the middle way.

♊ Gemini May 22-June 21 Focus on positive things and happy thoughts and make sure you avoid people whose negative attitudes might bring you down. If they want to be miserable that's up to them, but you don't have to live with it.

♋ Cancer June 22-July 22 Something is about to come back into your life that you thought you had seen the last of, but it's no big deal. In a way it's good because this time you know how best to deal with it.

♌ Leo July 23-Aug.23 Today's somewhat difficult Saturn-Neptune contact means you need to take a more even-handed approach to partnership matters. You should know that success depends on co-operation.

♍ Virgo Aug. 24- Sept. 22 What happens today will remind you that sometimes the old way of doing things is best. Fortunately, you have never been one to follow the latest "big thing" so you won't find it too hard to stick with tradition.

♎ Libra Sept. 23-Oct. 23 Try not to take too negative a view of other people's motives today, otherwise you might miss out on something that is both enjoyable and profitable.

♏ Scorpio Oct. 24-Nov. 22 You may be tempted to say something negative to a loved one, but is it really necessary? Even if your words are true, think of how her or she might take the situation and make it worse than it needs to be.

♐ Sagittarius Nov. 23-Dec. 21 The Sun and Jupiter, your ruling planet, in your fellow Fire sign of Aries will bring the inspiration you have been looking for, so don't try too hard. Give your mind and your body a rest today.

♑ Capricorn Dec. 22-Jan. 20 Don't worry if the words you are searching for remain just out of reach today. You may be feeling a bit tongue-tied at the moment, but it won't last.

♒ Aquarius Jan. 21-Feb. 18 To get the most out of the day, you must limit yourself to those aims that are truly important. If you spread your energy too thin, you will only accomplish a fraction of what could have been done.

♓ Pisces Feb. 19-March 20 The more others criticize what you are doing, the more determined you will be to carry on. Anyone who thinks you will change your ways just because he or she says you should has a lot to learn. **SALLY BROMPTON**

Caption contest

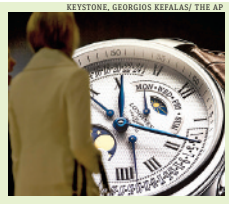
RICH MATTHEWS/ THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

KEYSTONE, GEORGIOS KEFALAS/ THE AP



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GL Sport model shown

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